

MENU PLAN
FALL/WINTER 2017

Week #1

	Menu Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Snack Serve one food from at least two food groups of CFG*	Fruits, vegetables and whole grain breads and cereals, meats and alternates, milk and milk products	Graham crackers with applesauce	Cereal with milk	Oatmeal with peach	Toast with WOW butter	Bananas and yogourt
		Water	Water	Water	Milk	Water
Meal Serve at least one food from each of the four food groups of CFG* plus an additional serving of fruits and vegetables	Main dishes contains one or more of meat, fish, poultry, eggs, cheese or dried legumes -Whole grain breads and cereals -Vegetables – cooked – raw -Fruits or juice -Milk or milk products -Other items	Spaghetti and meatballs	Orange cinnamon chicken	Lamb stew	Tomato basil turkey soup	Chili macaroni and cheese
		With tomato sauce	With onions	With root vegetables	With pasta	With beef
			And rice	And bread		
		Peaches	Bananas	Oranges	Applesauce	Pears
		Milk/water	Milk/water	Milk/water	Milk/water	Milk/water
Snack Serve one food from at least two food groups of CFG*	Fruits, vegetables and whole grains breads and cereals, meats and alternates, milk and milk products	Pineapple and crackers	Apples and cheese	Peppers and dip	Pitas and salsa	Cereal mix with cranberries
		Water	Water	Water	Water	Water

* Canada's Food Guide

Note:

- A grain product is added to each lunch menu as needed
- A late afternoon snack provided 4:30-5:30pm
- One food group needed