

**MENU PLAN**  
**SPRING/SUMMER 2018**

**Week #1**

	<b>Menu Pattern</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Snack</b> 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	Cereal and milk	Rice Cakes and “WOW” Butter	Mango Banana Smoothie with Graham Crackers	Yogurt with Raspberries	Toast with Berry Spread
		Water	Water	Water	Water	Milk
<b>Meal</b> 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	“WOW” Butter and Banana Sandwiches	Fish Taco Bowl	Chicken Strawberry Avocado Salad	Egg and Potatoe Bake	Ham and Cheese Pasta Salad
		with Cucumber and Cheese	with Corn Salsa	with Pita wedges	with Kale and Tomatoes	with Onions and Celery
			on Tortillas			
		Watermelon	Mango		Applesauce	Cantaloupe
		Milk/water	Milk/water	Milk/water	Milk/water	Milk/water
<b>Snack</b> 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	Applesauce and Bread Sticks	Crackers and Cheese	Cucumbers with Dip	Bananas with Graham Crackers	Cereal Mix with Cranberries
		Water	Water	Milk	Water	Water

\* Canada’s Food Guide

Note: A grain product is added to each lunch menu as needed