

MENU PLAN
FALL/WINTER 2018

Week #2

	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	Cereal	Applesauce and graham crackers	Oatmeal with coconut and banana	Toast and WOW butter	Melba toast with cream cheese and berry spread
		Milk	Water	Water	Water	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 contain 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	Chicken pot pie	Tomato soup	Lamb taco bake on corn bread	Ham and potato casserole	Beef ravioli
		with mixed vegetables	with cheese toast	with olives, onions and peppers	with cheese and green beans	with tomatoes and onion sauce
		Oranges	Pears	Watermelon	Apples	Bananas
		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	Cucumbers and cheese	Bananas and WOW butter	Peppers and dip	Pumpkin yogurt dip and Arrowroot cookies	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