

## GOOD BEGINNINGS DAY NURSERY - SUMMER MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	Toast (Bread) Fruit	Apple Sauce Graham Crackers	Toast (Bread) Fruit	Apple Sauce Graham Crackers	Toast (Bread) Fruit
<b>BEVERAGE SERVED:</b>	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
<b>LUNCH</b>					
<b>MEAT / ALTERNATIVE</b>	Egg Salad Sandwiches	Wowie Maui Chicken	Pizza (Vegetarian/Chicken/Beef/ Cheese)	Fish Stroganoff	Beef Burger
<b>GRAIN / BREAD / CEREAL</b>	Bread	Brown Rice	Whole Wheat Crust or English Muffin	Whole Wheat Noodles	Whole Wheat Bun
<b>VEGETABLE RAW AND/OR HOT</b>	Bean Salad	Spinach Salad	Raw Vegetables	Vegetables	Raw Vegetables Shredded Carrot/Zucchini in Burgers
<b>FRUIT OR OCCASIONAL OTHER</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>BEVERAGE SERVED:</b>	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
<b>AFTERNOON SNACK</b>	Tuna or Chicken Salad & Crackers Fruit	Raw Vegetables Crackers	Cookie Fruit	Cheese & Bread Fruit	Apples Yogurt cups
<b>BEVERAGE SERVED:</b>	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
<b>Infant Menu Changes</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>
<b>FRUIT: (In Season)</b>				<b>MILK: 2 Servings/Day</b>	<b>CEREAL:</b>
•Banana, Apples, Grapes, Mango, Melons, Pear, Oranges, Berries, Nectarines, Peaches, Plums				•2% for Preschoolers •Homogenized for Infants/Toddlers	•Shreddies, Multi-Grain Cheerios, Corn Flakes, Rice Krispies, Life, Chex, Corn Bran
<b>VEGETABLE: (In Season)</b>				<b>BUNS/BREAD:</b>	
•Peppers, Carrots, Cucumber, Celery, Tomato, Broccoli, Cauliflower, Snap Peas, Beans				•Whole Wheat •Cracked Wheat •Pumpernickel •Pita/Naan •Rye	

**The Child Care and Early Years Act requires child care centres to follow the recommendations in Health Canada's document "Canada's Food Guide".**

Grain Products

1.5-2.5 slices/175 -450 ml

Fruits and Vegetables

2-2.5 whole fruits or 250-300ml  
vegetables or fruits

Milk Products

250-375ml/1-1.5 cups

Meat and Alternatives

60-90gr/2-3oz

## GOOD BEGINNINGS DAY NURSERY - SUMMER MENU

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	Cereal with Milk Fruit	Smoothie (yogurt/fruit) Arrowroots	Cereal with Milk Fruit	Smoothie (yogurt/fruit) Arrowroots	Cereal with Milk Fruit
<b>BEVERAGE SERVED</b>	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
<b>LUNCH</b>					
<b>MEAT / ALTERNATIVE</b>	Chicken Salad Sandwich	Chili	Tuna Melts	Spaghetti With Meat Sauce	Chicken Stir Fry
<b>GRAIN / BREAD / CEREAL</b>	Bread	Bun	Whole Wheat English Muffin/Bun	Whole Wheat Pasta	Rice
<b>VEGETABLE RAW AND/OR HOT</b>	Raw Vegetables	Carrots/Pumpkin	Raw Vegetables	Salad	Vegetables
<b>FRUIT OR OCCASIONAL OTHER</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>BEVERAGE SERVED:</b>	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
<b>AFTERNOON SNACK</b>	Vegetables with Dip Pita Bread	Wow Butter and Banana Wraps Banana	Yogurt cups Fruit	Raw Vegetables Tuna	Fruit Bread Fruit
<b>BEVERAGE SERVED:</b>	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
<b>Infant Menu Changes</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>
<b>FRUIT: (In Season)</b>		<b>DIPS:</b>		<b>MILK: 2 Servings/Day</b>	
•Bananas, Apples, Grapes, Mangos, Canteloupes, Oranges, Pears, Nectarines, Mandarin Oranges		•Hummus •Roasted Red Pepper •Spinach		•2% for Preschoolers •Homogenized for Infants/Toddlers	
<b>VEGETABLE: (In Season)</b>				<b>CEREAL:</b>	
•Peppers, Carrots, Cucumber, Celery, Tomato, Broccoli, Cauliflower, Snap Peas, Beans				•Shreddies, Multi-Grain Cheerios, Corn Flakes, Rice Krispies, Life, Chex, Corn Bran	
				<b>BUNS/BREAD:</b>	
				•Whole Wheat •Cracked Wheat •Pumpernickel •Pita/Naan •Rye	

**The Child Care and Early Years Act requires child care centres to follow the recommendations in Health Canada's document "Canada's Food Guide".**

Grain Products

1.5-2.5 slices/175 -450 ml

Fruits and Vegetables

2-2.5 whole fruits or 250-300ml  
vegetables or fruits

Milk Products

250-375ml/1-1.5 cups

Meat and Alternatives

60-90gr/2-3oz

## GOOD BEGINNINGS DAY NURSERY - SUMMER MENU

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	Dry Cereal Fruit	Muffins/Fruit Bread Fruit	Dry Cereal Fruit	Muffins/Fruit Bread Fruit	Dry Cereal Fruit
<b>BEVERAGE SERVED:</b>	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
<b>LUNCH</b>					
<b>MEAT / ALTERNATIVE</b>	Tuna Salad Sandwich	Scrambled Eggs or Quiche	Teriyaki Burger	Mexican Rice Casserole (Kidney Beans)	Fish
<b>GRAIN / BREAD / CEREAL</b>	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bun	Rice	Grain
<b>VEGETABLE RAW AND/OR HOT</b>	Raw Vegetables	Vegetable Salad	Raw Vegetables	Raw Vegetables	Cooked Vegetables
<b>FRUIT OR OCCASIONAL OTHER</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>BEVERAGE SERVED:</b>	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
<b>AFTERNOON SNACK</b>	Dry Cereal Fruit	Crackers Fruit	Celery/Cucumbers Naan Bread	Cheese Crackers Fruit	Raw Veggies Bread
<b>BEVERAGE SERVED:</b>	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
<b>Infant Menu Changes</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>
<b>FRUIT: (In Season)</b>				<b>MILK: 2 Servings/Day</b>	<b>CEREAL:</b>
•Bananas, Apples, Grapes, Mangos, Canteloupes, Oranges, Pears, Nectarines, Mandarin Oranges				•2% for Preschoolers •Homogenized for Infants/Toddlers	•Shreddies, Multi-Grain Cheerios, Corn Flakes, Rice Krispies, Life, Chex, Corn Bran
<b>VEGETABLE: (In Season)</b>					<b>BUNS/BREAD:</b>
•Peppers, Carrots, Cucumber, Celery, Tomato, Broccoli, Cauliflower, Snap Peas, Beans					•Whole Wheat •Cracked Wheat •Pumpernickel •Pita/Naan •Rye

**The Child Care and Early Years Act requires child care centres to follow the recommendations in Health Canada's document "Canada's Food Guide".**

Grain Products

1.5-2.5 slices/175 -450 ml

Fruits and Vegetables

2-2.5 whole fruits or 250-300ml vegetables or fruits

Milk Products

250-375ml/1-1.5 cups

Meat and Alternatives

60-90gr/2-3oz

## GOOD BEGINNINGS DAY NURSERY - SUMMER MENU

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	English Muffin Fruit	Yogurt Fruit	English Muffin Fruit	Yogurt Fruit	English Muffin Fruit
<b>BEVERAGE SERVED</b>	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
<b>LUNCH</b>					
<b>MEAT / ALTERNATIVE</b>	Salmon or Tuna Sandwich or Fish Casserole	Southwest Chicken & Rice	Falafel Tzatziki	Lasagna Casserole (Ground Beef)	Chicken Tikka Masala
<b>GRAIN / BREAD / CEREAL</b>	Whole Wheat Bread	Rice	Pita	Whole Wheat Noodles	Rice
<b>VEGETABLE RAW AND/OR HOT</b>	Raw Vegetables	Cooked Vegetables	Raw Vegetables Couscous	Salad	Spinach In The Masala
<b>FRUIT OR OCCASIONAL OTHER</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>BEVERAGE SERVED:</b>	Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
<b>AFTERNOON SNACK</b>					
<b>AFTERNOON SNACK</b>	Raw Vegetables Graham Crackers	Egg Salad Pita Raw Vegetables	Arrowroots Fresh Fruit	Bread Raw Vegetables	Crackers Fruit
<b>BEVERAGE SERVED:</b>	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
<b>Infant Menu Changes</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>	<b>Changes will be added if needed on the daily intake menu/form</b>
<b>FRUIT: (In Season)</b>				<b>MILK: 2 Servings/Day</b>	<b>CEREAL:</b>
•Bananas, Apples, Grapes, Mangos, Canteloupes, Oranges, Pears, Nectarines, Mandarin Oranges				•2% for Preschoolers •Homogenized for Infants/Toddlers	•Shreddies, Multi-Grain Cheerios, Corn Flakes, Rice Krispies, Life, Chex, Corn Bran
<b>VEGETABLE: (In Season)</b>				<b>BUNS/BREAD:</b>	
•Peppers, Carrots, Cucumber, Celery, Tomato, Broccoli, Cauliflower, Snap Peas, Beans				•Whole Wheat •Cracked Wheat •Pumpnickel •Pita/Naan •Rye	

The Child Care and Early Years Act requires child care centres to follow the recommendations in Health Canada's document "Canada's Food Guide".

Grain Products

1.5-2.5 slices/175 -450 ml

Fruits and Vegetables

2-2.5 whole fruits or 250-300ml  
vegetables or fruits

Milk Products

250-375ml/1-1.5 cups

Meat and Alternatives

60-90gr/2-3oz