

# MENU

## MY WORLD OF LEARNING CHILD CARE ASSOCIATION 2021 MENU – WEEK ONE

MEAL PATTERN		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b>	MORNING SNACK	<i>Fruit Cocktail &amp; Milk</i>	<i>Apples &amp; Bagels</i>	<i>Grapes &amp; Yogurt</i>	<i>Cereal with Blueberries &amp; Milk</i>	<i>Melon &amp; Crackers</i>
		Fruit Cocktail	Apples	Grapes	Wheat Squares Cereal	Canary Melon
		Milk	Whole Wheat Bagels	Yogurt	Blueberries Milk	Whole Wheat Soda Crackers
<b>PM</b>	LUNCH MEAL	<i>Chickpea Mac and Cheese, Carrot Sticks &amp; Milk</i>	<i>Tuna Sandwiches, Corn &amp; Milk</i>	<i>Beef and Broccoli, Rice &amp; Milk</i>	<i>Chicken Burgers, Peas &amp; Milk</i>	<i>Pancakes, Eggs, Applesauce &amp; Milk</i>
	Grain Products	Whole Wheat Macaroni	Whole Wheat Bread	Brown Rice	Whole Wheat Bun	Homemade Pancakes
	Vegetables & Fruits	Carrot Sticks	Corn	Broccoli	Peas	Applesauce
	Milk Products	Milk Cheese	Milk	Milk	Milk	Milk
	Meat & Alternatives	Chickpeas	Tuna	Ground Beef	Chicken	Eggs, Hardboiled
	Others/Condiments		Whipped Dressing		Whipped Dressing	
<b>PM</b>	AFTERNOON SNACK	<i>Celery &amp; Toasted Soy Spread</i>	<i>Cantaloupe &amp; Milk</i>	<i>Bananas &amp; Milk</i>	<i>Oranges &amp; Crackers</i>	<i>Fruit/Vegetable Tray &amp; Milk</i>
		Celery	Cantaloupe	Bananas	Oranges	Fruit/Vegetables including Zucchini
		Toasted Soy Spread	Milk	Milk	Whole Grain Crackers	Milk

Water is served at all snacks, lunches and throughout the day. Children under 2 years are served whole milk. Friday's trays include item listed and any leftover fruits/vegetables from the week. Due to the Canada Day holiday on July 1 and the Natal Day Holiday on August 2, Thursdays will be removed and we will serve the other four days in the order they appear. Changes are documented in Information Binder. I used the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition. Signature: Natasha Doreen Moxon, Executive Director Date: April 23, 2021 *Effective May 3, 2021*

# MENU

## MY WORLD OF LEARNING CHILD CARE ASSOCIATION 2021 MENU – WEEK TWO

MEAL PATTERN		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M.</b>	<b>MORNING SNACK</b>	<i>Apples &amp; Milk</i>	<i>Rice Cakes, Soy Spread &amp; Oranges</i>	<i>Cereal with Bananas &amp; Milk</i>	<i>Honeydew Melon &amp; Milk</i>	<i>Applesauce &amp; Granola</i>
		Apples	Rice Cakes	Cheerios Cereal	Honeydew Melon	Applesauce
		Milk	Toasted Soy Spread	Bananas	Milk	Homemade Granola
			Oranges	Milk		
<b>LUNCH</b>	<b>LUNCH MEAL</b>	<i>Spaghetti &amp; Milk</i>	<i>Salmon Sandwiches, Mixed Vegetables &amp; Milk</i>	<i>Hamburgers, Garden Salad &amp; Milk</i>	<i>Egg Sliders, Pears &amp; Milk</i>	<i>Quesadillas, Peppers &amp; Milk</i>
	<b>Grain Products</b>	Whole Wheat Spaghetti	Whole Wheat Bread	Whole Wheat Hamburger Bun	Whole Wheat Hotdog Bun	Whole Wheat Tortilla, grilled
	<b>Vegetables &amp; Fruits</b>	Homemade Tomato Sauce with Zucchini, Mushrooms	Mixed Vegetables (peas, carrots, beans, corn)	Romaine Lettuce Tomatoes Cucumber	Pears	Pumpkin Green and Rainbow Peppers
	<b>Milk Products</b>	Milk	Milk	Milk	Milk Cheese	Milk
	<b>Meat &amp; Alternatives</b>	Lentils	Salmon	Ground Beef	Eggs, Scrambled	Black Beans
	<b>Others/Condiments</b>		Whipped Dressing	Mustard, Ketchup, Salad Dressing	Ketchup	Salsa
<b>P.M.</b>	<b>AFTERNOON SNACK</b>	<i>Carrots &amp; Crackers</i>	<i>Grapes &amp; Milk</i>	<i>Watermelon &amp; Pita Bread</i>	<i>Smoothies &amp; Crackers</i>	<i>Fruit/Vegetable Tray &amp; Milk</i>
		Carrot Sticks	Grapes	Watermelon	Berry Spinach Smoothies	Fruit/Vegetables including Cukes
		Whole Grain Crackers	Milk	Pita Bread	Rice Crackers	Milk

Water is served at all snacks, lunches and throughout the day. Children under 2 years are served whole milk. Friday's trays include item listed and any leftover fruits/vegetables from the week. Due to the Labour Day Holiday on September 6, Thursday will be removed and we will serve the other four days in the order they appear. Changes are documented in Information Binder. I used the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.

Signature: Natasha Doreen Moxon, Executive Director      Date: April 23, 2021      *Effective May 3, 2021*

# MENU

## MY WORLD OF LEARNING CHILD CARE ASSOCIATION 2021 MENU – WEEK THREE

MEAL PATTERN		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M.</b>	MORNING SNACK	<i>Fruit Cocktail &amp; Milk</i>	<i>Oranges &amp; Crackers</i>	<i>Bananas &amp; Yogurt Buttons</i>	<i>Cereal, Strawberries &amp; Milk</i>	<i>Canary Melon &amp; Milk</i>
		Fruit Cocktail	Oranges	Bananas	Frosted Shredded Wheat Cereal	Canary Melon
		Milk	Whole Wheat Soda Crackers	Frozen Yogurt Buttons	Strawberries Milk	Milk
<b>P.M.</b>	LUNCH MEAL	<i>Hamburger, Couscous, Carrot Sticks &amp; Milk</i>	<i>Tuna Burgers, Green Beans &amp; Milk</i>	<i>Goulash, Peas &amp; Milk</i>	<i>Sweet &amp; Sour Chicken, Green Pepper, Rice &amp; Milk</i>	<i>Egg Sandwiches, Edamame &amp; Milk</i>
	Grain Products	Couscous	Whole Wheat Bun	Whole Wheat Macaroni	Brown Rice	Whole Wheat Bread
	Vegetables & Fruits	Carrot Sticks	Green Beans	Peas Homemade Tomato Sauce	Green Pepper	Edamame
	Milk Products	Milk	Milk	Milk	Milk	Milk
	Meat & Alternatives	Ground Beef	Tuna	Lentils & Ground Beef	Chicken	Eggs
	Others/Condiments	Ketchup	Whipped Dressing		Homemade Sweet and Sour Sauce	Whipped Dressing
<b>P.M.</b>	AFTERNOON SNACK	<i>Apples &amp; Cheese</i>	<i>Cantaloupe &amp; Milk</i>	<i>Peaches &amp; Milk</i>	<i>Grapes &amp; Melba Toast</i>	<i>Fruit/Vegetable Tray &amp; Crackers</i>
		Apples	Cantaloupe	Peaches	Grapes	Fruit/Vegetables including Turnip
		Cheese	Milk	Milk	Melba Toast	Whole Grain Crackers

Water is served at all snacks, lunches and throughout the day. Children under 2 years are served whole milk. Friday's trays include item listed and any leftover fruits/vegetables from the week. Due to the Thanksgiving Day Holiday on October 11 and Remembrance Day Holiday on November 11, Thursdays will be removed and we will serve the other four days in the order they appear. Changes are documented in Information Binder. I used the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.

Signature: Natasha Doreen Moxon, Executive Director      Date: April 23, 2021      *Effective May 3, 2021*

# MENU

## MY WORLD OF LEARNING CHILD CARE ASSOCIATION 2021 MENU – WEEK FOUR

MEAL PATTERN		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M.	MORNING SNACK	<i>Apples &amp; Milk</i>	<i>Oranges &amp; Cheerios</i>	<i>Cereal with Bananas &amp; Milk</i>	<i>Watermelon &amp; Milk</i>	<i>Pears &amp; Milk</i>
		Apples	Oranges	Puffed Wheat Cereal	Watermelon	Pears
		Milk	Cheerios	Bananas Milk	Milk	Milk
P.M.	LUNCH MEAL	<i>Fish Tacos, Carrot and Cabbage Slaw &amp; Milk</i>	<i>Sloppy Joes, Green Beans &amp; Milk</i>	<i>Warm Egg Sandwiches, Carrot Sticks &amp; Milk</i>	<i>Chicken Noodle Soup, Crackers &amp; Milk</i>	<i>Soy Spread &amp; Jam Sandwiches, Edamame &amp; Milk</i>
	Grain Products	Whole Wheat Tortillas	Whole Wheat Bun	Whole Wheat English Muffin	Whole Wheat Spaghetti WW Soda Crackers	Whole Wheat Bread
	Vegetables & Fruits	Carrot, Red and Green Cabbage Slaw	Green Beans	Carrot Sticks	Peas Carrots	Edamame
	Milk Products	Milk	Milk	Milk	Milk	Milk
	Meat & Alternatives	Haddock	Ground Beef & Lentils	Eggs	Chicken	Toasted Soy Spread
	Others/Condiments	Coleslaw Dressing	Tomato Paste & Mustard in Sloppy Joes	Ketchup	Broth	Jam
P.M.	AFTERNOON SNACK	<i>Smoothies &amp; Pita Bread</i>	<i>Honeydew Melon &amp; Milk</i>	<i>Cucumbers &amp; Cheese</i>	<i>Cake &amp; Strawberries</i>	<i>Fruit/Vegetable Tray &amp; Crackers</i>
		Mixed Fruit Smoothies	Honeydew Melon	Cucumbers	Homemade Chocolate Cake	Fruit/Vegetables including Avacado
		Pita Bread	Milk	Cheese	Strawberries	Rice Crackers

Water is served at all snacks, lunches and throughout the day. Children under 2 years are served whole milk. Friday's trays include item listed and any leftover fruits/vegetables from the week. Due to the Victoria Day Holiday on May 24, Thursday will be removed and we will serve the other four days in the order they appear. Changes are documented in Information Binder. I used the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition.  
Signature: Natasha Doreen Moxon, Executive Director      Date: April 23, 2021      *Effective May 3, 2021*