

Menu Week 4 of 4

Dartmouth Day Care Centre

Week: _____ of _____



Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Snack AM					
Snack Description (At least two Food Groups (One of which is (Veg/Fruit)	Special K Cereal Apple Slices 1/2cup Fluid Milk (2%-3.25%)	1/2 cup Vanilla Yogurt 1/2 cup Blueberries Homemade Granola Water To Drink	Hot Oatmeal (Brown Sugar/Cinnamon) 1/2 cup Fluid Milk (2%/3.25) Sliced Banana	100% Orange Juice(cup) Oatmeal Muffin (Cranberry Banana)	Cheddar Cheese Tea Biscuit Pears in Natural Juice Water to Drink
Lunch					
Meat and Alternatives	Vegetarian Tofu Stir Fry	Roast Pork with Mashed Potatoes	Spaghetti with Meat Sauce	Scrambled Eggs and Pancakes	Haddock Fish Chowder
Grain Products	Brown Rice	Whole Wheat Bread	Whole Wheat Pasta	Whole Grain Pancakes	Whole Wheat Roll
Vegetable and Fruit	Carrots, Celery, Yellow Beans, Red pepper Broccoli, Pineapple Slices	Carrot, Celery, Green Beans Sliced Red Grapes	Celery Onions Mushrooms Green pepper Squash Cantaloupe Cubed	Veggie Tray with Green & Red Pepper/Carrot Orange Slices	Celery green onion, Carrots, Potatoes, Parsnip Kiwi Slices
Milk/ Alternatives	Homogenized Milk to Drink	Homogenized Milk to Drink	Grated Cheddar Cheese Homogenized Milk to Drink	Homogenized Milk to Drink	Homogenized Milk to Drink
Others	Canola Spread	Canola Spread	Canola Spread	Canola Spread Orange/Blueberry Sauce	Canola Spread
Snack PM					
Snack Description (At least two Food Groups (One of which is (Veg/Fruit)	Toasted Whole Grain Bagel (Cinnamon Sugar) 100% Orange Juice (cup)	Carrot Cookie 1/2 cup Apple Sauce 2%/3.25% Milk	Yogurt Dip (Cantaloupe/ Honey Dew/Apple Slice) WW Crackers Water to Drink	Mandarin Oranges in Natural Juice Whole Wheat Crackers 1/2cup Fluid Milk (2%/3.25%)	Toasted English Muffin (Wow Butter) Pineapple Slices 1/2cup Milk (2%/3.25%)

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition

Signature: _____ Position: _____ Date: _____