

Menu Plan **SPRING & SUMMER MENU**

WEEK FOUR

SNACK A.M.

Serve one of at least THREE food groups	Vegetables, Fruit, Juices
	Whole Grain, Breads, Cereals
	Meat and Alternates
	Milk and Milk products

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Raisins	*****	Banans	Fruit Cocktail	Apple Sauce
Corn Flakes	Naan Bread	Mini Bagels	Graham Crackers	Whole Wheat Toast
*****	Sunbutter Honey	*****	*****	*****
Milk	Milk	Flavoured Cream Cheese	Milk	Butter

SNACK A.M.

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	Meat and Alternates
	Milk and Milk products

Celery & Peppers	Pears	Oranges	Pickles (on the side)	Grapes
Triskets	Baking	Baking	Tortilla Wraps	Arrow Root Crackers
*****	*****	*****	Ham	*****
Shredded Cheese	Milk	Milk	Cream Cheese	Frozen Yogurt Pops

Pinwheels Homemade

Comments:	Where no milk or juice is named water will be served Baking Wednesday *Mayling*
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Baking Tuesday *Rainbow Room*

Menu Plan

SPRING & SUMMER MENU

WEEK THREE

SNACK A.M.

<p>Serve one of at least THREE food groups</p>	Vegetables, Fruit, Juices
	Whole Grain, Breads, Cereals
	Meat and Alternates
	Milk and Milk products

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crasins	Fruit Sauce	Melon	Juice	Frozen Strawberries
Rice Krispies	Graham Crackers	Animal Crackers	Melba Toast	Pancakes
****	****	****	Hard boiled eggs	Syrup
Milk	Milk	Milk	****	Milk

SNACK P.M.

<p>Serve one of at least THREE food groups</p>	Vegetables, Fruit, Juices
	Whole Grain, Breads, Cereals
	Meat and Alternates
	Milk and Milk products

Apples	Carrots & Cucumbers	Oranges	Celery / Peppers	Celery Broccoli
Tator Tots	Mini Rice Cakes	Baking	Pasta	Fish Crackers
****	Hummus	****	Mayo	Kolbassa
Milk	****	Milk	Cheese	Sour Cream/dill Dip

Pasta Salad

Comments:	<p>Where no milk or juice is named water will be served Baking Wednesday *Mary*</p>
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