

Menu Plan **SPRING & SUMMER MENU**

WEEK ONE

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
Craisins	Banana	Juice	Apples	Blueberries
Shreddies	English Muffins	Melba Toast	Graham Crackers	Waffles
*****	Sunbutter & Jam	Hard boiled eggs	*****	Syrup
Milk	*****	Milk	Flavoured Yogurt	Milk

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	Meat and Alternates
	Milk and Milk products

Cauliflour & Carrots	Cucumbers	Peaches	Salsa	Fresh Fruit
Stonewheat Thins	Cheese Buns	Baking	Tortilla Chips	Ice Cream Cones
Turkey lunch meat	*****	*****	*****	*****
Sour cream/dill dip	Milk	Milk	Shredded Cheese	Ice Cream

Where no milk or juice is named water will be served Baking Wednesday *Natalia*

Menu Plan **SPRING & SUMMER MENU**

WEEK TWO

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	Oranges	Bananas	Honey Dew/ Cantelope	Apples
Cheerios	Graham Crackers	Pita Bread	Raisin Bread	Bannock
Brown Sugar	****	****	****	Sunbutter & Jam
Milk	Vanilla Yogurt	Flavoured Cream Cheese/ Milk	Milk	Milk

SNACK P.M.

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

Carrots Broccoli	Peppers	Grapes	Cucumbers	Raisins
Crackers	Whole Wheat Bread	Baking	Savory Trail Mix	Pretzel Sticks
****	****	****	****	Sunbutter
Cheese	Butter Sliced Cheese	Milk	Milk	Milk

Grilled Cheese

Trail Mix: cheerios, shreddies, goldfish, pretzels, melted margarine, worcestshire sause, onion powder, garlic powder (baked)

Comments:	Where no milk or juice is named water will be served Baking Wednesday *Huong*
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***Mary Bannock- Friday ***

