



Mommy's Kids Childcare Centre Food Menu

	Monday			Tuesday			Wednesday			Thursday			Friday		
WEEK 1	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack
	Blueberry/Banana Chocolate Chip Muffins Apples Milk	Chicken Noodle Soup with Mixed Veggies Bread with Butter Milk	Cheese Cubes Multigrain Crackers Water	Waffles Strawberries Milk	Shepherd's Pie Watermelon Milk	Homemade Trail Mix Grapes/Cucumbers Water	Bread Toast with Butter and Jam Oranges Milk	Cheese/Pepperoni Pizza Fresh Fruits/Veggies Milk	Mixed Berry/Strawberry Banana Smoothie Rice Cakes Water	Oatmeal Mixed Berries Milk	Spaghetti with Meat Sauce Apples Milk	Pineapple-Banana Bread Water	Multi-Grain Cheerios/ Rice Krispies//Mini Wheats Banana Milk	Meatballs Steamed Rice Peas Milk	Apple Sauce Crackers Water
WEEK 2	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack
	Blueberry/Cinnamon Raisin Bagels Oranges Milk	Roasted Chicken Steamed Rice Carrots Milk	Yogurt Crackers Water	Pancake with Syrup Mangoes Milk	Veggie Alphabet Soup with Mixed Veggies Milk	Homemade Trail Mix Pears/Pineapples Water	Hash Brown Apples Milk	Chicken Nuggets Mashed Potato Broccoli and Cauliflower Milk	Mango-Pineapple Smoothie Rice Cakes Water	Oatmeal Peaches Milk	Ham/ Chicken and Cheese Sandwiches Cucumbers Milk	Oatmeal Raisin Bread Water	Multi-Grain Cheerios/ Rice Krispies//Mini Wheats Banana Milk	Cheesy Chicken Rotini with Carrots and Corn Milk	Oatmeal Cookies Cucumbers Water
WEEK 3	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack
	Blueberry/Banana Chocolate Chip Muffins Apples Milk	Macaroni and Cheese Cucumber Slices Milk	Apple Sauce Crackers Water	Waffles Blueberries Milk	Meatballs Steamed Rice Peas Milk	Homemade Trail Mix Strawberries Water	Bread Toast with Butter and Jam Oranges Milk	Chicken and Pork Dumpling Soup Bread with Butter Milk	Peach-Mango Smoothie Rice Cakes Water	Oatmeal Mixed Berries Milk	Fish sticks Mashed potato Pepper Sticks Milk	Carrot Cake Water	Multi-Grain Cheerios/ Rice Krispies//Mini Wheats Banana Milk	Cheese/Pepperoni Pizza Fresh Fruits/Veggies Milk	Cheese Cubes Multigrain Crackers Water
WEEK 4	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack
	Blueberry/Cinnamon Raisin Bagels Oranges Milk	Ham/ Chicken and Cheese Sandwiches Cucumbers Milk	Oatmeal Cookies Cucumbers Water	Pancake with Syrup Mangoes Milk	Spaghetti with Meat Sauce Apples Milk	Homemade Trail Mix Cucumbers Water	Hash brown Apples Milk	Beef Rice Casserole Peaches Milk	Pineapple-Cocconut Smoothie Rice Cakes Water	Oatmeal Peaches Milk	Minestrone Soup Cheese Toast Milk	Lemon-Blueberry Muffins Water	Multi-Grain Cheerios/ Rice Krispies//Mini Wheats Banana Milk	Shepherd's Pie Watermelon Milk	Rice Krispies Squares Peppers and Carrots Water
WEEK 5	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack	Morning Snack	Lunch	Afternoon Snack
	Blueberry/Banana Chocolate Chip Muffins Apples Milk	Fish sticks Mashed potato Pepper Sticks Milk	Yogurt Crackers Water	Waffles with Strawberries Milk	Chicken/Beef Hotdogs Fresh fruits/Veggies Milk	Homemade Trail Mix Watermelon Water	Bread Toast with Butter and Jam Oranges Milk	Beef and Cheese Tortellini with Broccoli Milk	Strawberry-Banana-Spinach Smoothie Rice Cakes Water	Oatmeal Mixed Berries Milk	Roasted Chicken Steamed Rice Carrots Milk	Cheesy Broccoli Bread Water	Multi-Grain Cheerios/ Rice Krispies//Mini Wheats Banana Milk	Chicken and Pork Dumpling Soup Bread with Butter Milk	Granola Bars Cucumbers Water

Months that have 5 weeks follow the 5 week-rotation above. Otherwise, week 1 restarts with the start of the other 4-week months. For early arrivals, cereal, milk, and fruit are always available. ----- Infants will be offered the same as older children when developmentally appropriate. ----- For children who have food sensitivities/allergies/restrictions, their food comes from home. Program will offer fruits and vegetables.

Fruits and vegetables and fruit smoothies listed above may be replaced or supplemented with fresh fruits and vegetables depending on seasonal availability. As such, baked breads on Thursdays' afternoon snacks may also change depending on produce availability. ----- Cereals above may be replaced with other cereal types (e.g., raisin bran, froot loops, puffed wheat, etc.) depending on seasonal availability. ----- Homemade trail mix may consist various types and shapes of cereals, pretzels, veggie crisps, marshmallows, dried fruit, etc.).