

# Daycare Menu

Canada food Guide

Portion size.

**Veg/fruit** = ½ cup serving.

**Grain** = ½cup rice, pasta or grains. 1 slice of bread. ½ slice of bagel, pita or tortilla. ¾cup hot cereal. 30 grams cold cereal.

**Milk** = 1 cup of milk, ¾ cup yogurt, 1 1/2oz cheese.

**Meat** = ½ cup or 3/4 cup legume/grain to get a full protein.

	2 -3 years	4 - 8 years
Parents will be responsible for	Veg – 1 seving Grain – 1 serving Milk – 0 serving Meat – ½ serving	Veg/Fruit = 2 servings Grain = 1 serving Milk = 0 serving Meat = 1/2 serving

## Breakfast

1. Veg/Fruit = 1 serving
2. Grain = 1 serving
3. Milk = 1/2 serving

## Lunch

1. Veg/Fruit = 1 serving
2. Grain = 1 serving
3. Milk - 1 serving
4. Meat = ½ serving. (1/4 cup)

## Snack

- 1.Veg / Fruit = 1 serving
- 2.Milk = ½ serving
- 3.Grain = 1 serving

Breakfast is a rotation of:

Sliced Fruit

Bagels, cereal, toast

Milk

# NW/ROCHDALE

<b>WEEK 1 MENU</b>		
<b>Monday Breakfast: Cereal/Fruit/Water</b>		
Lunch: Chicken tenders and rice pilaf w/ broccoli and carrots Serve: Milk	Snack: cheese and crackers Serve:Water	
<b>Tuesday Breakfast: Bagel/Fruit/Water</b>		
Lunch: Vegetable Soup w/ Ham and cheese sandwiches Serve: Milk	Snack: Cheerios and bananas in milk Serve: Water	
<b>Wednesday Breakfast: Toast/Fruit/Milk</b>		
Lunch: Chicken and vegetable pasta with alfredo sauce Serve: Milk	Snack: Berry crumble Serve: Water	
<b>Thursday Breakfast: Cereal/Fruit/Water</b>		
Lunch: Soft tacos with salsa and sourcream Serve: Milk	Snack: Hard boiled eggs/ cucumbers Serve:Water	
<b>Friday Breakfast: Muffins/Fruit/Milk</b>		
Lunch: Ham and Pineapple Pizza buns Serve: Milk	Snack: Veggies, dip w/ Crackers Serve: Water	

\* Rememeber that we must serve a dark green vegetable and or orange vegetable daily.

<b>WEEK 2 MENU</b>	
<b>Monday Breakfast: Cereal/Fruit/Water</b>	
Lunch: Chicken Veggy Wraps w/Caesar salad Serve: Milk	Snack: Yogurt w/ Crackers Serve: Water
<b>Tuesday Breakfast: Bagel/Fruit/Milk</b>	
Lunch: Whole wheat spaghetti with meat sauce Serve: Milk	Snack: Crackers and cucumbers Serve: Water
<b>Wednesday Breakfast: Banana Bread/Fruit/Milk</b>	
Lunch: Beef barley soup and crackers Serve: Milk	Snack: Veggies, dip w/ Crackers Serve: Water
<b>Thursday Breakfast: Cereal/Fruit/Water</b>	
Lunch: Chicken stir-fry with veggies and vemicelli noodles Serve: Milk	Snack: Oatmeal cookies w/ Fruit Serve: Water
<b>Friday Breakfast: Toast/Fruit/Milk</b>	
Lunch: Turkey and cheese sandwiches w/ veggies and dip Serve: Milk	Snack: hard boiled Eggs w/ Crackers Serve: Water

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<b>WEEK 3 MENU</b>	
<b>Monday Breakfast: Cereal/Fruit/Water</b>	
Lunch: Perogies/Ham and corn Serve: Milk	Snack: Fruit w/ Blueberry Muffins Serve: Water
<b>Tuesday Breakfast: Bagel/Fruit/Milk</b>	
Lunch: Turkey with mashed potatoes with veggies Serve: Milk	Snack: Veggies, dip and Goldfish Serve: Water
<b>Wednesday Breakfast: Bagel/Fruit/Milk</b>	
Lunch: Beef stew w/ whole wheat roll Serve: Milk	Snack: Cheese and Crackers Serve: Water
<b>Thursday Breakfast: Toast/Fruit/Milk</b>	
Lunch: Chicken Fried rice w/ Veggies Serve: Milk	Snack: Yogurt w/ crackers Serve: Water
<b>Friday Breakfast: Cereal/Fruit/Water</b>	
Lunch: Homemade Mac and Cheese with cauliflower Serve: Milk	Snack: Banana bread w/ Fruit Serve: Water

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<b>WEEK 4 MENU</b>	
<b>Monday Breakfast: Cereal/Fruit/Water</b>	
Lunch: Beef Lasagna Serve: Milk	Snack: Granola bar w/ fruit Serve: Water
<b>Tuesday Breakfast: Bagel/Fruit/Milk</b>	
Lunch: Chicken Quesadilla Serve: Milk	Snack: Veggies and Dip w/ crackers Serve: Water
<b>Wednesday Breakfast: Waffle/Fruit/Milk</b>	
Lunch: Ham and Cheese Quiche w/ Tomato slices Serve: Milk	Snack: hard boiled eggs w/ crackers Serve: Water
<b>Thursday Breakfast: Cereal/Fruit/Water</b>	
Lunch: Sheppards pie w/ whole wheat dinner roll Serve: Milk	Snack: Apple Crisp Serve: Water
<b>Friday Breakfast: Toast/Fruit/Milk</b>	
Lunch: Turkey pita Serve: Milk	Snack: Yogurt w/ Cookies Serve: Water

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