

2026 WEEK ONE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Cheerios Cantaloupe Milk	MG Waffles & syrup Clementines Milk	Plain Oatmeal with cinnamon Strawberries Milk	WW Grilled Cheese Blueberries Milk	Scrambled Eggs WG Toast, Bananas Milk
Lunch	Chick Pea Chowder with Carrot, peppers, tomatoes & celery Broccoli Brown Rice Apples (unsweetened applesauce for infants) Milk	Turkey Chilli with Kidney & Black Beans, Corn, Mushroom WW Tortilla Green Bell Peppers Pears Milk	Chicken Noodle Soup with Kale, Carrots, Celery and Onion WW Crackers Baked Squash Honeydew Melon Milk	Jamaican Stew Beef With Parsnips, Potato & Carrots Brown Rice Green beans Oranges Milk	Baked Fish with mushroom and Peppers on WW Pasta Tomato & Cucumber Salad Cantaloupe Milk
Lunch Alternatives	Soy Milk	Bean Chilli Soy Milk	Vegetable soup with carrot, celery, lentils, green peas Soy Milk	Soy Protein Stew Soy Milk	Tofu Vegetable Pasta Soy Milk
PM Snack	Cheddar Cheese Low sodium Triscuits Oranges	WOW butter sandwiches on WW Bread Bananas	WW Naan Tzatziki Cucumber Slices	Plain Yogurt Bananas and WG Breadsticks	Homemade WW Banana Loaf Apples (applesauce for infants) Cheddar Cheese
PM Late Snack	Cucumber Slices	Melon	Apples (unsweetened applesauce for infants)	Trail Mix (ww cheerios, raisins, cranberries & shreddiees)	Bell Peppers

We offer 2 to 2 ½ servings of (100-120grms) fruits and vegetables daily for each child and 1-2 (8 oz) servings of Milk 2% for Preschool children 3.5% for Infant & Toddlers
Water is available to all children at all meals and snacks. When possible we use low fat yogurt, low fat cheddar cheese.

Mixed veggies include – broccoli, cauliflower and carrot or corn, green beans peas

WW = Whole Wheat WG = Whole Grain MG = Multigrain

2026 WEEK TWO MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Chex Cereal Banana Slices Milk	WW Baked English Muffin Cinnamon Butter Cantaloupe Milk	Cinnamon Oatmeal Blueberries Milk	WW Toast with Butter Clementines Milk	MG Waffles & syrup Honeydew Melon Milk
Lunch	Red Curry Lentils with Onions, celery & carrots and sweet potato WW Crackers Green Peas Golden Melon Milk	Chicken Alfredo on WW Pasta Red Peppers & Mushroom Broccoli Apples (unsweetened applesauce for infants) Milk	Brazilian Fish Stew (Green Peppers- Onion, coconut milk and tomato) Brown Rice Baked Cauliflower Cantaloupe Milk	Beef Veggie Soup with Pearl Barley, Peas & carrots Potatoes & zucchini Baked Squash Green Peas Milk	Roasted Chicken with Mashed Potatoes and gravy Green Beans WW Dinner Rolls Apples (unsweetened applesauce for infants) Milk
Lunch Alternatives	Soy Milk	WW Pasta with Veggies & Soy Protein Soy Milk	Chick Pea Stew with Rice Soy Milk	Bean Barley Soup Soy Milk	Tofu & Veggies Soy Milk
PM Snack	Greek Yogurt Homemade Granola Clementines	Cheddar Cheese Cubes WW Crackers Strawberries	Cottage Cheese, Mango Avocado Toast Crackers	WW wrap with Hummus Cucumber	WW Homemade Zucchini Loaf Cheddar Cheese Bananas
Late Snack	Cucumbers	Orange Slices	Bananas	Peppers	Trail Mix (ww cheerios, cranberries, raisins, shreds)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	WG Cheerios Oranges Milk	WW Toast With Butter Bananas Milk	WW Bagel with WOW butter Blueberries Milk	Plain Yogurt with Mixed Berries Milk	Banana Slices WW waffles with Syrup Milk
Lunch	Veggie Minestrone Soup (with Beans, Bok Choy, peas & Zucchini) WW Baked Cheese sandwiches Orange Peppers Apples (unsweetened applesauce for infants) Milk	Beef & Black Bean Taco with Spinach (Tomato, Pepper & Corn Salsa) Sour Cream & Cheddar Cheese WW Tortilla Milk Oranges	WW Macaroni with cheese & chicken breast Broccoli Milk Golden Melon	Baked Breaded White Fish. Roasted Sweet Potatoes Garden Salad WW Bread Milk Cantaloupe	Turkey Spaghetti with Spinach, red pepper, carrots sticks Milk Watermelon
Lunch Alternative	Soy Milk	Black Bean, mushroom and vegetable Tacos Soy Milk	WW Macaroni & Cheese with Tofu Soy Milk	Soy Milk Baked Tofu	WW Soy Protein Vegetarian Lasagne Soy Milk
PM Snack	Plain Greek Yogurt with homemade granola & mixed Berries	WW mini pita with egg salad and cucumbers	Graham crackers Cottage cheese Canned Peaches	WW English Muffins Mini Pizza with Cheese & Tomato Sauce, & Apple Slices (applesauce for infants)	WW Homemade Carrot Loaf Cheddar Cheese Cucumber Slices
PM Late Snack	Pears	WW Crackers	Oranges	Bananas	Trail mix Whole wheat cheerios Raisins Cranberries Shreddies cereal

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2026 WEEK FOUR MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	Cantaloupe WG Chex Cereal Milk	Melon Cubes Grilled Cheese on WW English Muffin Milk	Plain Yogurt with Granola and canned Peaches Milk	WW Toast with Butter, Oranges Milk	WG Waffles with Blueberries Milk
Lunch	Brown Lentils with Tomato, Celery and Carrots WW Crackers Broccoli Oranges Milk	Turkey Bolognese with Spinach, Carrots, red pepper Whole Wheat Pasta Peas & Carrots Pears Milk	Fish Tacos with Orange & Green Peppers Green & Red Coleslaw with Carrots WW Wrap Green pears Milk	Dominican Chicken with Cauliflower Brown Rice and Romaine Salad Milk Golden Melon	Cheese Perogies 3 Bean salad Green Beans Cantaloupe Milk
Lunch Alternatives	Soy Milk	Bean and Veggie WW Pasta Soy Milk	Tofu Tacos with Orange & Green Peppers Green & Red Coleslaw with Carrots WW Wrap Soy Milk	Cauliflower Butter Tofu Stew Soy Milk	Potato Perogies 3 Bean salad Green Beans Cantaloupe Soy Milk
PM Snack	WW Mini Pitas Tuna Salad Apples (unsweetened applesauce for infants)	Hummus Dip Orange peppers Crunchmaster multigrain crackers	WW bread Cucumbers Tomato slices	Cheddar Cheese Cubes WW Crackers Clementines	WW Homemade Orange Loaf Cheese slices Cucumber Slices
PM Late Snack	Green Peppers	WW Crackers	Apples (unsweetened applesauce for infants)	Trail Mix ww cheerios, raisins, cranberries & shreddies	Banana

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