

Mississauga Temple Day Care Spring & Summer 2019 Master Menu **Week 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Multigrain Cheerios with Milk <i>Substitution: Goats Milk</i> Water	Pancakes Apple Slices Water	English Muffin with Wow Butter/Jam Milk	Yogurt, Berries Granola <i>Substitution: Apple Sauce</i> Water	Chia Seed Pudding Water
LUNCH	Macaroni & Cheese Celery Sticks WW bread Bananas <i>Substitution: Dairy Free Cheese</i> Milk	Meat Balls in Sauce Rice Corn WW Bread Peaches <i>Substitution: Falafel</i> Milk	Grilled Cheese Sandwiches Tomato Soup Cucumber Slices Watermelon <i>Substitution: Dairy Free Cheese</i> Milk	Fish Sticks Mashed Potatoes Carrots WW Bread Fruit Cocktail <i>Substitution: Chicken Tender</i> Milk	Chicken Hotdogs Cucumber slices & Red Peppers Canteloupe Milk
AFTERNOON SNACK	Granola Bar & Orange Slices Water	Triscuit Crackers Spinach Dip Water	Veggies Hummus Water	Graham Crackers Pear Slices Milk	Cheese & Grapes/Melba Toast <i>Substitution: Dairy Free Cheese</i> Water

CFG Daily Requirements			
2	4	3	1

Full Daily Servings from Food Groups**															
1.5	4	2	1	1	4	2	1	1.5	4	3	1	1.5	4	2	1

** calculated based on full servings and analysed in reference to the latest Canada Food Guide.

Mississauga Temple Day Care Spring & Summer 2019 Master Menu **Week 2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Multigrain Cheerios with Milk <i>Substitution: Goats Milk</i>	Pancakes Apple Slices	English Muffin with Wow Butter/Jam	Yogurt, Berries Granola <i>Substitution: Apple Sauce</i>	Chia Seed Pudding
	Water	Water	Milk	Water	Water
LUNCH	Fish Nuggets Rice Peas & Carrots WW Bread Bananas <i>Substitution: Carrots</i> <i>Substitution: Chicken Nugget</i>	Lasagna Garden Salad Garlic Bread Seasonal Fruit <i>Substitution: Noodles in a Tomato Sauce</i>	Chicken Nuggets French Fries Green Beans WW Bread Apples	Pancakes Sausages Carrot Sticks Pineapple & Blueberries <i>Substitution: Turkey or Chicken Sausages</i>	Hamburgers Dill Pickles Carrot Sticks Watermelon <i>Substitution: Veggie Burger</i>
	Milk	Milk	Milk	Milk	Milk
AFTERNOON SNACK	Granola Bar & Orange Slices	Triscut Crackers Spinach Dip	Veggies Hummus	Graham Crackers Pear Slices	Cheese & Grapes/Melba Toast <i>Substitution: Dairy Free Cheese</i>
	Water	Water	Water	Water	Water

CFG Daily Requirements			
2	4	3	1

Full Daily Servings from Food Groups**							
1.5	3	2	1	1.5	4	2	1
2	2.5	2	1	2	3	2.5	1

** calculated based on full servings and analysed in reference to the latest Canada Food Guide.

Mississauga Temple Day Care Spring & Summer 2019 Master Menu **Week 3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Multigrain Cheerios with Milk <i>Substitution: Goats Milk</i>	Pancakes Apple Slices	English Muffin with Wow Butter/Jam	Yogurt, Berries Granola <i>Substitution: Apple Sauce</i>	Chia Seed Pudding
	Water	Water	Milk	Water	Water
LUNCH	Cheese Ravioli in a Tomato Sauce Celery Sticks Rolls Bananas <i>Substitution: Meat Ravioli</i>	Beef Tacos Tomatoes, Lettuce, Cheddar Cheese, Sour Cream Applesauce <i>Substitution: Dairy Free Cheese & Ground Chicken</i>	Chicken Noodle Soup Ham/Cheese Sandwiches Peaches Carrot Sticks <i>Substitution: Dairy Free Cheese & Turkey</i>	Chicken Strips Rice Raw Peppers & Celery Sticks WW Bread Fruit Cocktail	Pizza with Cheese Carrot Sticks & Cucumber Slices Watermelon <i>Substitution: Dairy Free Cheese</i>
	Milk	Milk	Milk	Milk	Milk
AFTERNOON SNACK	Granola Bar & Orange Slices	Triscuit Crackers Spinach Dip	Veggies Hummus	Graham Crackers Pear Slices	Cheese & Grapes/Melba Toast <i>Substitution: Dairy Free Cheese</i>
	Water	Water	Water	Milk	Water

CFG Daily Requirements			
2	4	3	1

Full Daily Servings from Food Groups**				
1.5	3	2	1	
1.5	2	2.5	1	
1	4	2	1	
1.5	4	3	1	
1.5	3	2	1	

** calculated based on full servings and analysed in reference to the latest Canada Food Guide.



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