














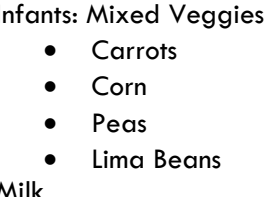






















Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cream of Wheat Mixed Berries Milk 	Cheerios Fresh Fruit Milk 	Fresh Baked Spice Loaf with Flax Seed Fresh Fruit Milk 	Whole Wheat Bagels with Cream Cheese Fresh Fruit Milk 	Rice Crispies Cereal Fresh Fruit Milk 
Lunch	Fettuccini Chicken Alfredo <ul style="list-style-type: none"> • Fettuccini • Butter • Cream • Garlic • Parsley • Parmesan Cheese • Chicken Cesar Salad Milk 	Oven Baked Turkey Mashed Potatoes Turkey Gravy Chopped Salad <ul style="list-style-type: none"> • Lettuce • Carrots • Cucumbers • Italian Dressing Infants: Mixed Veggies <ul style="list-style-type: none"> • Carrots • Corn • Peas • Lima Beans Milk	Minestrone Soup <ul style="list-style-type: none"> • Quinoa • Onions • Carrots • Potatoes • Celery • Crushed Tomatoes • Chicken Broth Ham Sandwiches with Whole Wheat Bread Milk 	Turkey Pot Pie <ul style="list-style-type: none"> • Celery • Apples • Diced Turkey • Milk • Flour • Onions • Chicken Broth Cornbread Topping <ul style="list-style-type: none"> • Flour • Cornmeal • Cheese • Milk • Baking Powder Milk	Tuna Casserole <ul style="list-style-type: none"> • Whole Wheat Bowtie Pasta • Onions • Cheese • Peas • Tuna • Cream of Mushroom Soup • Mushrooms • Breadcrumbs Corn Milk
Afternoon Snack	Homemade Trail Mix <ul style="list-style-type: none"> • Shreddies Cereal • Raisins • Pretzels Fresh Fruit Water	Vegetable Plate <ul style="list-style-type: none"> • Celery • Cauliflower • Carrots • Ranch Dressing Pretzels Fresh Fruit Water	Whole Wheat Tortilla Chips Salsa Fresh Fruit Water 	Banana Oat Bars <ul style="list-style-type: none"> • Bananas • Oats • Raisins • FlaxSeed Fresh Fruit Water	Fruit Crumble <ul style="list-style-type: none"> • Oats • Flour • Brown Sugar • Butter • Peaches • Apples Water









Week One

	Monday Chinese New Year	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Graham Crackers Cream Cheese Fresh Fruit 	Puffed Wheat Cereal Fresh Fruit Milk 	Red River Flax Cereal Fresh Fruit Milk 	Fruit Yogurt Homemade Granola <ul style="list-style-type: none"> Oats Sunflower Seeds Sesame Seeds Flax Seeds Brown Sugar Raisins Maple Syrup Milk 	Cornflakes Cereal Fresh Fruit Milk 
Lunch	Chicken Fried Rice <ul style="list-style-type: none"> Brown Rice Chicken Peas Corn Carrots Soy Sauce Pork Dumplings Milk 	Chickpea Patties <ul style="list-style-type: none"> Onion Garlic Egg Flour Bread Crumbs Lemon Juice Thai Coconut Tomato Soup Milk 	Oven Baked Roast Beef Mashed Potatoes Beef Gravy Garden Salad <ul style="list-style-type: none"> Lettuce Carrots Cucumbers Italian Dressing Infants: Mixed Veggies <ul style="list-style-type: none"> Carrots Corn Peas Lima Beans Milk 	Vegetable Chili <ul style="list-style-type: none"> Stewed Tomatoes Chick Peas Brown Beans Black Beans Quinoa Onions Mozzarella Cheese Whole Wheat Bread with Butter Milk 	Meatballs in Tomato Sauce <ul style="list-style-type: none"> Ground Beef Carrots Eggs Bread Crumbs Onions Brown Rice Corn Milk 
Afternoon Snack	Chinese Rice Crackers Fresh Fruit Water 	Homemade Banana Loaf with Flax Seed Fresh Fruit Water 	Vegetable Plate <ul style="list-style-type: none"> Celery Cauliflower Carrots Ranch Dressing Pretzels Fresh Fruit Water	Homemade Hummus Whole Wheat Crackers Fresh Fruit Water	Fruit Smoothies <ul style="list-style-type: none"> Frozen Berries Flax Seeds Apple Juice Water Goldfish Crackers Water

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Graham Crackers Cream Cheese Fresh Fruit Milk 	Cornflakes Cereal Fresh Fruit Milk 	Red River Flax Cereal Fresh Fruit Milk 	Fruit Yogurt Homemade Granola <ul style="list-style-type: none"> Oats Sunflower Seeds Sesame Seeds Flax Seeds Brown Sugar Raisins Maple Syrup Milk 	Mixed Wheat Cereal Fresh Fruit Milk 
Lunch	Egg & Spinach Quiche <ul style="list-style-type: none"> Egg Fresh Spinach Green Onion Cheese Milk Multigrain Crackers Milk 	Whole Wheat Spaghetti Meat Sauce <ul style="list-style-type: none"> Ground Beef Tomato Sauce Onions Bell Peppers Celery Garlic Mushrooms Coleslaw Whole Wheat Bread & Butter Milk 	Oven Baked Ham Cheese Perogies Carrots Milk  	Shepard's Pie <ul style="list-style-type: none"> Ground Beef Mashed Potatoes Creamed Corn Multigrain Crackers Milk 	Ham Corn Chowder <ul style="list-style-type: none"> Creamed Corn Milk Ham Celery Onion Grilled Cheese Sandwiches <ul style="list-style-type: none"> Mozzarella Whole Wheat Bread Butter Milk 
Afternoon Snack	Fresh Fruit Pretzels Milk 	Whole Wheat Crackers Homemade Hummus <ul style="list-style-type: none"> Chickpeas Garlic Lemon Vegetable Oil Fresh Fruit Water 	Vegetable Plate <ul style="list-style-type: none"> Celery Cauliflower Carrots Ranch Dressing Pretzels Water Apple Sauce 	Homemade Raisin Bran Muffins Fresh Fruit Water 	Fruit Smoothies <ul style="list-style-type: none"> Frozen Berries Flax Seeds Milk Goldfish Crackers 

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	<p>Cheerios Fresh Fruit Milk</p> 	<p>Whole Wheat Bagels Cream Cheese Fresh Fruit Milk</p> 	<p>Oatmeal with Flax Seed Strawberries Milk</p> 	<p>Rice Crispy Cereal Fresh Fruit Milk</p> 	<p>Fruit Yoghurt Homemade Granola</p> <ul style="list-style-type: none"> • Oats • Sunflower Seeds • Maple Syrup • Brown Sugar • Sesame Seeds • Flax Seed <p>Water with lemon</p>
Lunch	<p>Chicken Chow Mein</p> <ul style="list-style-type: none"> • Ramen Noodles • Chicken • Broccoli • Carrots • Soy Sauce • Garlic <p>Whole Wheat Bread with Butter Milk</p>	<p>Beef Macaroni Casserole</p> <ul style="list-style-type: none"> • Ground Beef • Tomato Sauce • Onions • Cheese • Garlic • Mushrooms <p>Coleslaw with Carrots Whole Wheat Bread & Butter Milk</p>	<p>Breaded Fish Oven Roasted Potatoes Green Beans Turkey Gravy Milk</p> 	<p>Creamed Chicken</p> <ul style="list-style-type: none"> • Cream of Mushroom Soup • Chicken • Celery • Mushrooms • Onions <p>Brown Rice Whole Wheat Bread with Butter Milk</p>	<p>BBQ Beef Meatloaf</p> <ul style="list-style-type: none"> • Ground Beef • Onions • Eggs • Carrots • Bread Crumbs <p>Mashed Potatoes Milk</p>
Afternoon Snack	<p>Pita Bread Homemade Hummus</p> <ul style="list-style-type: none"> • Chickpeas • Garlic • Lemon • Vegetable Oil <p>Fresh Fruit Water</p>	<p>Fresh Vegetable Plate</p> <ul style="list-style-type: none"> • Celery • Bell Peppers • Carrots • Hummus • Broccoli <p>Pretzels Fresh Fruit Water</p> 	<p>Fresh Fruit Goldfish Crackers Water</p> 	<p>Homemade Blueberry Loaf with Flax Seed Fresh Fruit Water</p> 	<p>Stone Wheat Crackers Cheese Fresh Fruit Water</p> 