



Healthy Head Start for Kids

Summer Menu

WEEK 1

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
AM Snack	Healthy Cereal (Contains: Oats) Milk	Fruit Flavored Yogurt Tube (Contains: Dairy) Milk	Blueberry Muffin (Contains: Wheat) Milk	Apple Cinnamon Mini Bagel (Contains: Wheat/Cinnamon) Milk	Raisin Bread with Butter (Contains: Wheat/ Dairy/Sesame/Soy) Milk
Lunch	Mac & Cheese with Broccoli (Contains: Wheat/Dairy) Seasonal Fresh Fruit Milk	Fish Taco With soft Tortilla Cucumber salad with Italia dressing. (Contains: Fish/ Wheat/Soy/Dairy) Seasonal Fresh Fruit Milk	Chicken Chow Mein with vegetables (Contains: Chicken/Wheat/Soy) Seasonal Fresh Fruit Milk	Cheese Perogies Mashed Potatoes Steamed Carrot Coins (Contains: Wheat/Dairy/Soy) Seasonal Fresh Fruit Milk	Fussily Pasta with Bolognese sauce Cucumber Rings (Contains: Beef/Chicken /Wheat/Tomato) Seasonal Fresh Fruit Milk
Vegetarian	Mac & Cheese with Broccoli (Contains: Wheat/Dairy)	Falafal Balls soft Tortilla Cucumber salad with Italia dressing. (Contains: Chickpeas/ Sunflower/Wheat)	Tofu Chow Mein (Contains: Soy/Wheat)	Cheese Perogies Mashed Potatoes Steamed Carrot Coins (Contains: Wheat/Dairy/Soy)	Fussily Pasta with Textured Vegetable Protein Cucumbers Rings (Contains: Wheat/Soy/Tomato)
PM Snack	Fruit Grain Pita Flat Apple Sauce Fruit (Contains Wheat/Sesame)	Bread Sticks with Avocado Hummus Dip Fruit (Contains: Wheat/ Sesame/Chickpeas)	Gold Fish Crackers Fruit (Contains: Wheat/Dairy)	Rice Cake with WOW Butter Fruit (Contains: Brown Rice/Soy)	Made Good Chocolate Banana Granola Mini's Fruit (Contains: Gluten Free Oats)
LATE PM Snack	Graham Crackers	Gold Fish	Crackers	Arrow Root Cookie	Bread Sticks

* AM Fruit optional

Seasonal Fruits: Apple, Orange, Banana, Pear, Watermelon or Seedless Grapes.

Our menu is approved by a Registered Dietician.

Each meal meets the Canadian Food Guide requirements, including all food groups.

Only quality ingredients are used. Our meals are prepared fresh daily.

* All vegetarian meals include a protein.

* Water provided every day



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Summer Menu

WEEK 2

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
AM Snack	Healthy Cereal (Contains: Oats) Milk	Fruit Flavored Yogurt Tube (Contains: Dairy) Milk	Carrot Muffin (Cont: Wheat) Milk	Made Good Strawberry Granola Mini's (Cont: Gluten Free Oats) Milk	Blueberry Scone (Cont: Wheat/Soy) Milk
Lunch	Chicken Souvlaki in a Pita (Tzatziki dip) Potatoes, Cucumbers (Cont: Chicken/Wheat) Seasonal Fresh Fruit Milk	Cod Nuggets with Rice, Peas and Corn Tartar sauce (Cont: Fish/Soy/Wheat) Seasonal Fresh Fruit Milk	Cheese Pizza with Cucumber Slices (Cont: Wheat/Dairy) Seasonal Fresh Fruit Milk	Chicken Penne in a Rose sauce With Cauliflower (Cont: Wheat/Chicken /Dairy/Tomato) Seasonal Fresh Fruit Milk	Meatballs with Mashed Potatoes and Broccoli Flourettes (Cont: Chicken/Beef /Wheat/Soy/Dairy) Seasonal Fresh Fruit Milk
Vegetarian	Veggie Patty Pita (Tzatziki dip) Roasted Red Sauce Potatoes, Cucumbers (Cont: Soy/Tomato /Wheat/Sesame)	Zucchini Sticks with Rice and Vegetables (Cont: Wheat/Soy/Dairy)	Cheese Pizza with Cucumber Slices (Cont: Wheat/Dairy)	Tofu With Penne in Rose sauce With Cauliflower (Cont: Soy/Wheat/Tomato)	Falafal Balls with Mashed Potatoes and Broccoli Flourettes (Cont: Chickpeas /Sunflower/Dairy)
PM Snack	Pretzel Bites with Mustard Dip (Cont: Wheat) Fruit	Made Good Granola Chocolate Chip mini's (Cont: Gluten Free Oats) Fruit	Banana Bread loaf (Cont: Wheat/Dairy /Egg/Sesame/Soy) Fruit	Bread Sticks with WOW butter (Cont: Wheat /Sesame/Soy) Fruit	Mini Pita with Hummus (Cont: Wheat /Soy/Chickpeas) Fruit
LATE PM Snack	Graham Crackers	Gold Fish	Crackers	Arrow Root Cookie	Bread Sticks

* AM Fruit optional

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WEEK 3

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
AM Snack	Healthy Cereal (Contains: Oats) Milk	Fruit Flavored Yogurt Tube (Contains: Dairy) Milk	Banana Muffin (Cont: Wheat/ Soy/Banana/Cinnamon) Milk	Rice cake with Jam (Cont: Brown Rice) Milk	Made Good Apple Cinnamon Granola mini's (Cont: Gluten Free Oats) Milk
Lunch	Spinach/Feta Kafta With Steamed Rice & Vegetables Tzatziki Dip (Cont: Chicken/Dairy) Seasonal Fresh Fruit Milk	Beef Burger Cucumber Salad Italian Dressing (Cont: Beef/Wheat) Seasonal Fresh Fruit Milk	BBQ Chicken with Garlic Bread Pasta Salad (Cont: Chicken/Soy/Wheat/Dairy) Seasonal Fresh Fruit Milk	Cheese Ravioli in a tomato sauce Broccoli florets (Cont: Wheat/Dairy/Egg/Soy) Seasonal Fresh Fruit Milk	Fish Sticks with Sweet Potatoes Tots and Cucumber slices Tartar Sauce (Cont: Fish/Wheat/Soy) Seasonal Fresh Fruit Milk
Vegetarian	Tofu With Rice & Vegetables (Cont: Soy)	Veggie Burger Cucumber Salad Italian Dressing (Cont: Soy/Wheat/Sesame)	BBQ Tofu with Garlic Bread and Pasta Salad (Cont: Soy/Wheat/Dairy)	Cheese Ravioli in a tomato sauce Broccoli florets (Cont: Wheat/ Dairy/Egg/Soy)	Veggie Burger with sweet Potatoes tots Cucumber Slices (Cont: Wheat/ Sesame/Soy)
PM Snack	Carrot Loaf (Cont: Wheat/Egg /Dairy/Soy/Sesame) Fruit	Cranberry Scone (Cont: Wheat/Soy) Fruit	Made Good Cookies Cream Granola bar (Cont: Gluten Free Oats) Fruit	Healthy Brownie Muffin (Cont: Wheat/Soy) Fruit	Crackers with Cheese (Cont: Wheat/Dairy) Fruit
LATE PM Snack	Graham Crackers	Gold Fish	Crackers	Arrow Root Cookie	Bread Sticks

* AM Fruit optional

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Week 4

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
AM Snack	Healthy Cereal (Contains: Oats) Milk	Fruit Flavored Yogurt Tube (Contains: Dairy) Milk	Apple Cinnamon Muffin (Cont: Wheat/Soy/Cinnamon) Milk	Banana Oat Bar (Cont: Wheat) Milk	Fruit Grain Pita Flats Apple Sauce (Cont: Wheat/Sesame) Milk
Lunch	Pulled White Fish with Steamed Rice and Vegetables (Cont: Fish) Seasonal Fresh Fruit Milk	Vegetarian Lasagna Dinner Roll (Cont: Wheat/Dairy/Textured vegetable Protein) Seasonal Fresh Fruit Milk	Scrambled Eggs with $\frac{1}{2}$ Slice of Whole Wheat Bread Potato Tots (Cont: Egg/Wheat) Seasonal Fresh Fruit Milk	Chicken Nuggets Potatoes tots Vegetables (Cont: Wheat/ Chicken /Soy/Egg/Dairy) Seasonal Fresh Fruit Milk	Tortellini in a cream sauce 5 way vegetables (Cont: Wheat/ Dairy/Egg/Soy) Seasonal Fresh Fruit Milk
Vegetarian	Zucchini sticks with rice and vegetables (Cont: Wheat/Soy/Dairy)	Vegetarian Lasagna Dinner Roll (Cont: Wheat/Dairy/Textured vegetable Protein)	Scrambled Eggs with $\frac{1}{2}$ Slice of Whole Wheat Bread Potato Tots (Cont: Egg/Wheat)	Falafal Balls Potatoes tots Vegetables (Cont: Chickpeas/Sunflower)	Tortellini in a cream sauce 5 way vegetables (Cont: Wheat/ Dairy/Egg/Soy)
PM Snack	Made Good Mixed berry Granola bar Granola Bar (Cont: Gluten Free Oats) Fruit	Banana loaf (Cont: Wheat/Dairy/ Eggs/Soy/Sesame) Fruit	Veggies with Ranch Dip (Cont: Dairy/Egg/Soy) Fruit	Bread Sticks with Cheese (Cont: Wheat/ Sesame/Dairy) Fruit	Made Good Rice Crispy (Cont: Gluten Free Oats) Fruit
LATE PM Snack	Graham Crackers	Gold Fish	Crackers	Arrow Root Cookie	Bread Sticks

* AM Fruit optional

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* Water provided every day