

# RIDGE KIDS - Main Site

April to June

This menu follows Canada's Food Guide recommendations and the requirements under the CCEYA

<i>Week 1</i>					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water
<b>Morning Snack</b> <i>*Infants</i>	Yogurt & Homemade Granola Water	Rice Cakes with Homemade Jam Water	Hot Oatmeal With Bananas Water	Veggie Blast Muffins w/ oranges Water	Zucchini Bread w/fresh fruit Water
<b>Lunch</b>	<b>Tuna Tetrazzina</b>	<b>Faux Joes</b>	<b>Egg Bake</b>	<b>BBQ Chicken Pizza</b>	<b>Beef Stroganoff</b>
<b>Meat or Alternative</b>	Tuna	Veggie Ground	Egg	Chicken	Beef
<b>Grain / alternative</b>	Spaghetti Noodles	WW Bun	Roasted Potatoes	WW English Muffins	Egg Noodles
<b>Vegetable</b>	Carrot Coins	Steamed Cauliflower	Green Beans	Salad	Peas
<b>Fruit</b>	Pineapple	Apple	Fruit Salad	Melon	Oranges
<b>Dairy</b>	Milk	Milk	Milk & Cheese	Milk	Milk
<b>*Infant Changes</b>				peas	
<b>Afternoon Snack</b>	Cheese Chunks with Carrots & Crackers Water	Pumpkin Cookies with cucumbers Water	Blueberry Oat Cookies with pepper slices Water	Red Pepper Hummus with Snap Peas & Celery Water	Snack Mix Veggie Sticks Water
<b>*Infant Changes</b>				crackers/cucumber	

Whole grain or Multigrain products used whenever possible

Additional food available in each classroom for snack time

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<i>Week 2</i>					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water
<b>Morning Snack</b> *Infants	Dry Cereal with Fresh Fruit Water	Carrot Loaf with Oranges Water	Banana Yogurt Roll-up with pepper slices Water	Apple Cinnamon Bites with celery Water Bananas	Blueberry Muffins Muffins with Fresh Fruit Water
<b>Lunch</b>	<b>Veggie Lasagna Soup</b>	<b>French Toast &amp; Turkey Sausage</b>	<b>Cornflake Crusted Fish</b>	<b>Chicken Cesar Salad</b>	<b>BBQ Meatballs</b>
<b>Meat or Alternative</b>	Veggie Ground	Turkey Sausage	Fish Filet	Chicken	Turkey
<b>Grain / alternative</b>	Saltines/ Noodles	WW Bread	French Fries	Cheese Pinwheel	Egg Noodles
<b>Vegetable</b>	Steamed Broccoli	Sliced tomatoes	Peas	Romaine lettuce	Green Beans
<b>Fruit</b>	Pineapple	Apple Sauce	Orange Slices	Fruit Salad	Fresh Pears
<b>Dairy</b>	Milk	Milk	Milk	Milk	Milk
<b>*Infant Changes</b>				steamed vegetables	
<b>Afternoon Snack</b>	Dilly Dip w/ Crackers & Celery Water	Cottage Cheese Dip with Cucumbers & Snap Peas Water	Snickerdoodle Cookie with Apples Water	Spinach Dip with Naan Bread with Carrot Sticks Water	"Pop"less Corn With Veggie Sticks Water
<b>*Infant Changes</b>	Cucumber	Apples		cucumbers	

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<i>Week 3</i>					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water
<b>Morning Snack</b> * Infants	Cheerios with Apple Slices Water	Yogurt, Granola & Mixed Berries Water	Pumpkin Bread With celery Water	Carrot & Zucchini Muffins with oranges Water Cucumbers	English Muffins with Bananas Water
<b>Lunch</b>	<b>Chicken Ramen Stir Fry</b>	<b>Toasted Tuna Sandwich</b>	<b>Roast Pork</b>	<b>Veggie Chili</b>	<b>Chicken Noodle Doodle</b>
<b>Meat or Alternative</b>	Chicken	Tuna	Pork Loin	Veggie Ground	Chicken
<b>Grain / alternative</b>	Ramen Noodles	WW Bread	Potatoes	Bun	Egg Noodles
<b>Vegetable</b>	Peas, Carrots, Broccoli	Veggie Pasta Salad & Pickles	Peas	Veggies in Chili	Carrot coins
<b>Fruit</b>	Pineapple	Melon	Apple Sauce	Bananas	Fruit Salad
<b>Dairy</b>	Milk	Milk	Milk	Milk	Milk
<b>*Infant Changes</b>		*veg cut small in pasta/ no pickles			
<b>Afternoon Snack</b>	Cheese Chunks with Melba and Cucumbers Water	Apple Pie Cookies with Celery Water	Hummus, Carrots & Crackers Water	Snack Mix with Apple Slices Water	One Bite Bean Brownies with Oranges Water
<b>*Infant Changes</b>		Apples	Crackers		

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<i>Week 4</i>					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water	Cereal & Milk, Fruit Water
<b>Morning Snack</b> * Infants	Cereal with Milk & Fresh Fruit Water	Banana Muffins with Pepper Slices Water	Apple Slices with Grahams & Yogurt Dip Water	Waffles & Homemade Strawberry Jam Water	Cranberry Orange Muffins with Zucchini Slices Water
<b>Lunch</b>	<b>Cowboy Casserole</b>	<b>Fish Tacos</b>	<b>Spring Vegetable Soup &amp; Grilled Cheese</b>	<b>Wow No Cow Spaghetti</b>	<b>Chicken Fried Rice</b>
<b>Meat or Alternative</b>	Beef	Fish Filet	Cheese	Veggie Ground	Chicken
<b>Grain / alternative</b>	Tater Tots	WW Wrap	WW Bread	Spaghetti	Brown Rice
<b>Vegetable</b>	Streamed Cauliflower	Lettuce, tomato	Zucchini, beans, potatoes	Green Beans	Peas, Carrots, onions, Celery
<b>Fruit</b>	Pineapple	Apple Slices	Melon	Bananas	Fruit Salad
<b>Dairy</b>	Milk	Milk	Milk/Cheese	Milk	Milk
<b>Infant Changes</b>					
<b>Afternoon Snack</b>	Hummus, Carrots and crackers Water	Fiesta Pinwheel with oranges Water	Carrot Cookies With Zucchini Sticks Water	Spin Dip with Naan Bread & Celery Water	"Pop"less Corn with Carrot Sticks Water
<b>Infant Changes</b>	Cucumbers			Cucumbers	Bananas

Whole grain or Multigrain products used whenever possible

Additional food available in each classroom for snack time