

HARMONY CHILDCARE CENTRE

3FG - Healthy Choices Fall/Winter Menu 2018 - 2019

WEEK OF:	Monday	Tuesday	Wednesday	Thursday	Friday
OCT 29 NOV 26 DEC 24 JAN 21 FEB 18 MAR 18 APR 15	AM Snack Multigrain Cheerios Cereal, Milk Entrée Apricot Chicken Drumstick, Brown Rice, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit PM Snack Organic Whole Grain Ginger Snaps, Vanilla Yogurt, Fresh Fruit	AM Snack Coconut Bites Entrée Hawaiian Style Turkey Meatballs, Whole Grain Pasta, Baby Carrots, Fresh Fruit PM Snack Sweet Potato Crackers, Cheddar Cheese Curds, Cucumber	AM Snack Organic Whole Wheat Chunky Apple Muffin Entrée Beef Stroganoff (Beef, Mushrooms, Gravy), Whole Grain Pasta, Green Beans, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Nutfree Butter, Grape Tomatoes	AM Snack Pineapple Banana Oatmeal Bar Entrée Lean Beef Burger, Whole Wheat Bun, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Cheddar Cheese Sandwich, Baby Carrots	AM Snack Corn Flakes, Milk Entrée Breaded Wild Caught Alaskan Pollock Sticks, Brown Rice, Broccoli, Fresh Fruit PM Snack Whole Wheat Blueberry Bran Loaf, Hard Boiled Egg, Fresh Fruit
NOV 05 DEC 03 DEC 31 JAN 28 FEB 25 MAR 25 APR 22	AM Snack Rice Krispies Cereal, Milk Entrée Cranberry Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Cauliflower, Broccoli, Carrots), Fresh Fruit PM Snack Whole Grain Banana Oatmeal Cookie, Peach Yogurt, Fresh Fruit	AM Snack Strawberry Yogurt, Arrowroot Biscuits Entrée Mild Curried Beef and Vegetables (Potato, Carrots, Peas, Celery, Onion), Brown Rice, Fresh Fruit PM Snack Whole Wheat Pita, Hardboiled Egg, Cucumber	AM Snack Organic Whole Wheat Carrot Muffin Entrée Salisbury Steak, Mashed Potato, Whole Wheat Bread, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit PM Snack Whole Wheat Lemon Cranberry Loaf, Cheese Curds, Fresh Fruit	AM Snack Multi Grain Cheerios Cereal, Milk Entrée Breaded Chicken Pieces (All White Meat), Brown Rice, Plum Sauce, Green Beans, Fresh Fruit PM Snack Whole Wheat Crackers, Hummus, Grape Tomatoes	AM Snack Whole Wheat Mini Bagel, Berry Applesauce Entrée Beef Tourtiere Pie, Gravy, French Baguette, Peas and Corn, Fresh Fruit PM Snack Banana Roll-Up, (Nutfree Butter, Banana, Whole Wheat Wrap)
NOV 12 DEC 10 JAN 07 FEB 04 MAR 04 APR 01 APR 29 MAY 27	AM Snack Multigrain Cheerios Cereal, Milk Entrée Teriyaki Chicken Drumstick, Brown Rice, Sunshine Mixed Vegetables (Carrots, Green Beans), Fresh Fruit PM Snack Banana Oatmeal Bar, Vanilla Yogurt, Fresh Fruit	AM Snack Whole Wheat Apple Cinnamon Flatbread Entrée Breaded Wild Caught Alaskan Pollock Sticks, Whole Wheat Wrap, Tartar Sauce, Green Peas, Fresh Fruit PM Snack Pita Crackers, Cheese Curds, Fresh Fruit	AM Snack Organic Whole Wheat Orange Cranberry Muffin Entrée Lean Beef Burger, Whole Wheat Bun, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Hummus, Cucumber	AM Snack Cinnamon Raisin Bagel Entrée Chicken and Bowtie Pasta Soup, Artisan Bread, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Nutfree Butter Sandwich, Grape Tomatoes	AM Snack Corn Flakes Cereal, Milk Entrée Beef and Vegetable (Carrots, Potato, Turnip) Stew, French Baguette, Fresh Fruit PM Snack Whole Grain Cereal Trail Mix, Vanilla Yogurt, Fresh Fruit
NOV 19 DEC 17 JAN 14 FEB 11 MAR 11 APR 08 MAY 06	AM Snack Rice Krispies Cereal, Milk Entrée Butter Chicken, Brown Rice, Italian Mixed Vegetables (Peppers, Zucchini, Carrots, Beans), Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Garbanzo Beans, Fresh Fruit	AM Snack Coconut Bites Entrée Beef Meatballs, Whole Wheat Bun, Carrot Wheels, Fresh Fruit PM Snack Whole Grain Pumpkin Granola Round, Peach Yogurt, Fresh Fruit	AM Snack Organic Whole Wheat Pumpkin Muffin Entrée Turkey Lasagna, Green Peas, Fresh Fruit PM Snack Whole Wheat Vegetable Crackers, Hummus, Grape Tomatoes	AM Snack Multi Grain Cheerios Cereal, Milk Entrée Hot Chicken Sandwich (Shredded Chicken, Gravy, Whole Wheat Bread), Broccoli, Fresh Fruit PM Snack Gluten Free Whole Grain Corn Crackers, Guacamole, Cheese Curds	AM Snack Cereal Banana Roll (Granola, Banana, Apple Butter) Entrée Whole Grain Spaghetti Bolognese (Beef and Tomato Sauce), Peas and Corn, Fresh Fruit PM Snack Organic Whole Grain Lemon Snaps, Rice Pudding, Fresh Fruit

- Menu is approved by a Registered Dietitian.
- Please see the allergy guide for the substitution meals for Vegetarian, Vegan and Halal and other dietary replacements. Daily Packing Slip will indicate specific replacements by child name.
- Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times. All Lunches are Trans Fat Free (except for those that are naturally occurring).
- Fresh Fruits will vary daily depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, and peaches.

Milk and/or Water are served with lunch and snacks

Menu In Effect: Nov 26, 2018