

CHILDREN'S CENTRE - OPTIMAL HEALTH WINTER MENU

* Hi Fibre cereals

**Whole Wheat Grains & Flour

Begins September 14th 2009

<p><u>WEEK 1: MONDAY</u> - Guardian All Bran Cereal* - Milk ***** - Bavarian Beef Stew with Cabbage and Potatoes - Rye Bread and Becel** - Diced Peaches - Milk ***** - Mini Carrots & Cucumber with Vegetable dip & Melba Toast</p>	<p><u>TUESDAY</u> - Banana Bread - Milk ***** - Shepherd's Pie with Potato Topping - Greek Salad - Mild Garlic Bread - Applesauce ***** - Bagels & Cheesespread & Milk</p>	<p><u>WEDNESDAY</u> - Nutrigrain Cereal Bars** - Milk ***** - Homemade Chicken Noodle Soup - Whole Wheat Soda Crackers** - Black Forest Ham on Whole Wheat Sandwiches** - Fresh Fruit ***** - Cinnamon Biscuits and Milk</p>	<p><u>THURSDAY</u> - Mini Wheats Cereal* - Milk ***** - Spanish Rice & Bacon - Cooked Mixed Vegetables - Stone Ground Bread & Becel ** - Diced Pears - Milk ***** - Bananas and Graham Wafers**</p>	<p><u>FRIDAY</u> - Stoned Wheat Thins & Soy Butter** - Milk ***** - Taco Beef with Tomatoes, Lettuce & Cheese in Pita Bread - Nacho Chips - Mandarin oranges - Milk ***** - Ice Cream Cones & Apple Juice</p>
<p><u>WEEK 2: MONDAY</u> - Corn Squares Cereal* - Milk ***** - Creole Beef Meatballs - Brown Rice & Peas & Carrots** - Whole Wheat Bread & Becel** - Fruit Cocktail ***** - Cheese Sandwiches** & Milk</p>	<p><u>TUESDAY</u> - Vanilla Yogurt - Milk ***** - Chicken Nuggets with Plum Sauce - Buttermilk Whipped Potatoes - Tomatoes & Cucumbers - Whole Wheat Bread & Becel** - Applesauce ***** - Bananas and Milk</p>	<p><u>WEDNESDAY</u> - Nutrigrain Cereal Bars** - Milk ***** - Homemade Beef Vegetable & Barley Soup - Whole Wheat Soda Crackers** - Sliced Cheese on Whole Wheat Sandwiches** - Fresh Fruit ***** - Nachos & Cheese Dip & Milk</p>	<p><u>THURSDAY</u> - Kashè Granola Cereal* - Milk ***** - Sloppy Joe Hamburgers - Baked Beans - Green Pepper Sticks - Peaches - Milk ***** - Multi-Grain Snack Mix** & Apple Juice</p>	<p><u>FRIDAY</u> - Bagels with Cinnamon Spread - Milk ***** - Lasagna - Mixed Greens with Pumpkin Seeds & Balsamic Dressing - Breadsticks - Diced Pears ***** - Apples & Cheese slices & Milk</p>
<p><u>WEEK 3: MONDAY</u> - Mini-Wheats Cereal* - Milk ***** - Shepherd's Pie with Potato Topping - Green Beans - Whole Wheat Bread & Becel** - Diced Pears ***** - Soy Butter Sandwiches** & Milk</p>	<p><u>TUESDAY</u> - Raisin Bread & Becel - Milk ***** - Macaroni & Cheese - Mixed Green Salad with Italian Dressing - Mild Garlic Bread - Apple Crisp ***** - Bananas & Milk</p>	<p><u>WEDNESDAY</u> - Peach Yogurt - Milk ***** - Homemade Chicken & Rice Soup - Whole Wheat Soda Crackers** - Turkey Breast on Whole Wheat Sandwiches** - Fresh fruit ***** - Nutrigrain Bars** & Milk</p>	<p><u>THURSDAY</u> - Bagels with Soy Butter - Milk ***** - Beef & Mushroom Stroganoff - Brown Rice with Peas & Carrots** - Stone Ground Bread and Becel** - Applesauce - Milk ***** - Mini Carrots & Celery with Red Pepper Hummus & Breadsticks</p>	<p><u>FRIDAY</u> - Guardian All Bran Cereal* - Milk ***** - Fish Cakes - Parsley Potatoes - Zucchini & Tomatoes - Whole Wheat Bread & Becel** - Tropical Fruit Salad ***** - Ice Cream Cones & Milk</p>
<p><u>WEEK 4: MONDAY</u> - Stoned Wheat Thins** & Cinnamon Butter - Milk ***** - Three Bean & Corn Chili - Green Salad with California Dressing - Mild Garlic Bread - Diced Pears - Milk ***** - Nachos & Cheese Dip</p>	<p><u>TUESDAY</u> - Grahams & Soy Butter - Milk ***** - Sweet & Sour Chicken Meatballs - Brown Rice with Mixed Vegetables* - Whole Wheat Bread & Becel** - Diced Peaches ***** - Apple & Cheese Slices and Milk</p>	<p><u>WEDNESDAY</u> - Cheerios Cereal* - Milk ***** - Homemade Italian Minestrone Soup - Whole Wheat Soda Crackers** - Chicken Breast on Whole Wheat Sandwiches** - Fresh Fruit ***** - Multi-Grain Snack Mix** & Milk</p>	<p><u>THURSDAY</u> - Bagel & Cheesespread - Milk ***** - Wholewheat Rotini with Beef** - Green Pepper Sticks - Whole Wheat Bread & Becel** - Apple Crisp ***** - Raspberry Yogurt & Milk</p>	<p><u>FRIDAY</u> - Corn Squares Cereal* - Milk ***** - Hamburgers with Condiments - Caesar Salad - Applesauce - Milk ***** - Stoned Wheat Thins** & Cheese Slices</p>

BURLINGTON CHILDREN'S CENTRE

1/2 DAY MORNING PRE SCHOOL

OPTIMAL HEALTH SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Week 1:</u> Carrots, Cucumbers, Melba Toast and Vegetable dip	Banana Bread	Banana Bread	Ice Cream Cones	Ice Cream Cones
Milk	Milk	Milk	Milk	Milk
<u>Week 2:</u> Stoned Wheat Thins with Soy Butter	Nutrigrain Cereal & Fruit Bars	Fruit with Yogurt Dip & Cinnamon Biscuits	Nacho Chips and Cheese Dip	Multi-grain Snack Mix
Milk	Milk	Milk	Milk	Milk
<u>Week 3:</u> Nutrigrain Bars	Raisin Bread & Becel	Raisin Bread & Becel	Bagels & Soy Butter	Bagels & Soy Butter
Milk	Milk	Milk	Milk	Milk
<u>Week 4:</u> Stone Wheat Thins & Cinnamon Spread	Apple & Cheese Slices with Arrowroot Biscuits	Apple & Cheese Slices with Arrowroot Biscuits	Multigrain Snack Mix	Nacho Chips and Cheese Dip
Milk	Milk	Milk	Milk	Milk

BURLINGTON CHILDREN'S CENTRE - DIGLETS OPTIMAL HEALTH WINTER MENU

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Begins September 14th 2009

** Wholewheat Grains and Flour

<p><u>WEEK 1: MONDAY</u> - Guardian All Bran Cereal* - Milk *****</p> <p>- Bavarian Beef Stew with Cabbage and Potatoes - Rye Bread and Becel** - Diced Peaches - Milk *****</p> <p>- Cucumbers Vegetable Dip & Melba Toast</p>	<p><u>TUESDAY</u> - Banana Bread - Milk *****</p> <p>- Shepherds Pie - Green Beans - Mild Garlic Bread - Applesauce *****</p> <p>- Bagels & Cheesespread & Milk</p>	<p><u>WEDNESDAY</u> - Nutrigrain Cereal Bars** - Milk *****</p> <p>- Homemade Chicken Noodle Soup - Whole Wheat Soda Crackers** - Black Forest Ham on Whole Wheat Sandwiches** - Fresh Fruit *****</p> <p>- Cinnamon Biscuits & Milk</p>	<p><u>THURSDAY</u> - Mini Wheats Cereal* - Milk *****</p> <p>- Spanish Rice & Bacon - Cooked Mixed Vegetables - Stone Ground Bread & Becel** - Milk *****</p> <p>- Bananas and Graham Wafers</p>	<p><u>FRIDAY</u> - Stoned Wheat Thins & Soy Butter** - Milk *****</p> <p>- Beef Taco with Tomatoes & Cheese in Pita Bread - Fruit Cocktail - Milk *****</p> <p>- Ice Cream Cones & Apple Juice</p>
<p><u>WEEK 2: MONDAY</u> - Corn Squares Cereal* - Milk *****</p> <p>- Creole Beef Meatballs - Brown Rice & Peas & Carrots* - Whole Wheat Bread & Becel** - Fruit Cocktail *****</p> <p>- Cheese Sandwiches & Milk</p>	<p><u>TUESDAY</u> - Vanilla Yogurt - Milk *****</p> <p>- Chicken Nuggets with Plum Sauce - Buttermilk Whipped Potatoes - Tomatoes & Cucumbers - Whole Wheat Bread & Becel** - Applesauce *****</p> <p>- Bananas and Milk</p>	<p><u>WEDNESDAY</u> - Nutrigrain Cereal Bars** - Milk *****</p> <p>- Homemade Beef Vegetable & Barley Soup - Whole Wheat Soda Crackers** - Sliced Cheese on Whole Wheat Sandwiches** - Fresh Fruit *****</p> <p>- Arrowroot Biscuits & Milk</p>	<p><u>THURSDAY</u> - Cheerios Cereal* - Milk *****</p> <p>- Sloppy Joe Hamburgers - Baked Beans - Green Pepper Sticks - Peaches - Milk *****</p> <p>- Ancient Grain Crackers** & Apple Juice</p>	<p><u>FRIDAY</u> - Bagels with Cinnamon Spread - Milk *****</p> <p>- Lasagna - Corn - Breadsticks - Diced Pears *****</p> <p>- Apple and Cheese slices & Milk</p>
<p><u>WEEK 3: MONDAY</u> - Mini-Wheats Cereal* - Milk *****</p> <p>- Shepherd's Pie with Potato Topping - Green Beans - Whole Wheat Bread & Becel** - Diced Pears *****</p> <p>- Soy Butter Sandwiches** & Milk</p>	<p><u>TUESDAY</u> - Grahams & Cinnamon Spread - Milk *****</p> <p>- Macaroni & Cheese - Green Beans - Mild Garlic Bread -Apple Crisp *****</p> <p>- Bananas & Milk</p>	<p><u>WEDNESDAY</u> - Peach Yogurt - Milk *****</p> <p>- Homemade Chicken & Rice Soup - Whole Wheat Soda Crackers** - Turkey Breast on Whole Wheat Sandwiches** - Fresh Fruit *****</p> <p>Nutrigrain bars** and Milk</p>	<p><u>THURSDAY</u> - Bagels & Soy Butter - Milk *****</p> <p>- Beef Stroganoff - Brown Rice with Peas & Carrots* - Whole Wheat Bread & Becel - Applesauce *****</p> <p>- Cucumbers with Red Pepper Hummus & Breadsticks</p>	<p><u>FRIDAY</u> - Guardian All Bran Cereal* - Milk *****</p> <p>- Chicken Nuggets - Parsley Potatoes - Zucchini & Tomatoes - Whole Wheat Bread & Butter - Tropical Fruit Salad *****</p> <p>- Ice Cream Cones & Milk</p>
<p><u>WEEK 4: MONDAY</u> - Stone Wheat Thins with Cinnamon Butter - Milk *****</p> <p>- Three Bean & Corn Chili - Mild Garlic Bread - Diced Pears - Milk *****</p> <p>- Arrowroot Biscuits & Milk</p>	<p><u>TUESDAY</u> - Grahams & Soy Butter* - Milk *****</p> <p>- Sweet & Sour Chicken Meatballs - Brown Rice with Mixed Vegetables - Whole Wheat Bread & Becel - Diced Peaches *****</p> <p>- Apple & Cheese Slices & Milk</p>	<p><u>WEDNESDAY</u> - Cheerios Cereal* - Milk *****</p> <p>- Homemade Italian Minestrone Soup - Whole Wheat Soda Crackers** - Chicken Breast on Whole Wheat Sandwiches** - Fresh Fruit *****</p> <p>- Ancient Grain Crackers** & Milk</p>	<p><u>THURSDAY</u> - Bagels & Cheesespread - Milk *****</p> <p>- Whole wheat Rotini with Beef** - Green Pepper Sticks - Whole Wheat Bread & Becel** - Apple Crisp *****</p> <p>- Raspberry Yogurt & Milk</p>	<p><u>FRIDAY</u> - Corn Squares Cereal* - Milk *****</p> <p>- Hamburgers & Condiments - Sliced Tomatoes - Applesauce - Milk *****</p> <p>- Stoned Wheat Thins & Cheese Slices</p>