

Kinder House Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast <i>(provided by parents)</i> 7:30 – 9:00am	<i>Parents provide a box of whole grain cereal that is recognized by the Canada Food Guide (cereals high in sugar and low in fiber are not permitted).</i>				
Morning Snack 9:45 am – 10:15am	Mixed Cereal (Wheat, oat, rice & corn) Milk	Chocolate Porridge (Oats and Chocolate Powder) Milk	Oatmeal Cookies Milk	Peanut Butter or Cheese Crackers Milk	Carrot or Blueberry Muffins Milk
Week 1 Lunch 11:35 am – 12:35 pm	Whole Wheat and Zucchini Pancakes with fruit & yoghurt syrup. Milk	Peanut Butter & Jelly Sandwich with Carrots/Side Salad Milk	Baked Brown Beans & Corn with Whole Wheat Bread Milk	Macaroni with Cheese & Spinach Sauce Milk	Chicken Fried Rice (Carrots, Corn and Peas) Milk
Week 2 Lunch 11:35 am – 12:35 pm	Banana French Toast with fruit & yoghurt syrup Milk	Lasagna & Meat Sauce (Tomatoes, Celery, Carrots, Zucchini) with Toast and Side Salad Milk	Cheese Sandwich with Carrots/Side Salad Milk	Chicken Alfredo with Toast and Side Salad Milk	Vegetables & Chicken with Steamed Noodles (Broccoli, Carrots, Corn, Peas & Beans) Milk
Afternoon Snack 2:45 pm – 3:45pm	Oranges & Whole Wheat Crackers Water	Apples, Cheese & Whole Wheat Crackers Water	Blueberry or Raisin Bagels with Cream Cheese Water	Raisins & Wheaties. Water	Bananas & Whole Wheat Crackers Water

Milk

Protein

Vegetable/Fruit

Bread/Cereal