

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<p>AM Snack Yogurt and Granola Entrée Apricot Chicken Drumstick, Brown Rice, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit PM Snack Pita bread and pizza Sauce</p>	<p>AM Snack Raisin Bread and Apple Butter Entrée Hawai'ian Style Turkey Meatballs, Whole Grain Pasta, Baby Carrots, Fresh Fruit PM Snack Fish Crackers and Cucumber slices</p>	<p>AM Snack Crackers, Cheese and apple slices Entrée Beef Stroganoff (Beef, Mushrooms, Gravy), Whole Grain Pasta, Green Beans, Fresh Fruit PM Snack Muffins and Bananas</p>	<p>AM Snack Nutri grain bars and orange slices Entrée Butternut Squash and Lentil Stew, Naan Bread, Peas and Corn, Fresh Fruit PM Snack Bagel, WOW butter and apple butter</p>	<p>AM Snack Cheerios and Milk Entrée Breaded Wild Caught Alaskan Pollock Sticks, Brown Rice, Broccoli, Fresh Fruit PM Snack Arrowroot cookies and bananas</p>
WEEK 2	<p>AM Snack Yogurt and Granola Entrée White Fish Bolognese, Whole Grain Pasta, Vegetable Medley (Cauliflower, Broccoli, Carrots), Fresh Fruit PM Snack Pita bread and Hummus</p>	<p>AM Snack Fruit muffins and cheese slices Entrée Turkey, Kale and White Bean Soup, Whole Wheat Roll, Baby Carrots, Fresh Fruit PM Snack Crackers, WOW Butter and apple slices</p>	<p>AM Snack Blueberry waffles and apple butter Entrée Salisbury Steak, Mashed Potato, Whole Wheat Bread, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit PM Snack Rice cakes, cream cheese and cucumber</p>	<p>AM Snack Bagel and cream cheese Entrée Breaded Chicken Pieces (All White Meat), Brown Rice, Plum Sauce, Green Beans, Fresh Fruit PM Snack All beef bologna sandwiches</p>	<p>AM Snack Cheerios and Milk Entrée Mixed Bean Chili, Whole Wheat Mini Pitas, Peas and Corn, Fresh Fruit PM Snack Arrowroot cookies and bananas</p>
WEEK 3	<p>AM Snack Yogurt and Granola Entrée Teriyaki Chicken Drumstick, Brown Rice, Sunshine Mixed Vegetables (Carrots, Green Beans), Fresh Fruit PM Snack Pita bread and pizza Sauce</p>	<p>AM Snack Raisin Bread and Apple Butter Entrée Breaded Wild Caught Alaskan Pollock Sticks, Whole Wheat Wrap, Tartar Sauce, Green Peas, Fresh Fruit PM Snack Fish Crackers and Cucumber slices</p>	<p>AM Snack Crackers, Cheese and apple slices Entrée Chicken Cacciatore, Whole Grain Pasta, Diced Carrots, Fresh Fruit PM Snack Muffins and Bananas</p>	<p>AM Snack Nutri grain bars and orange slices Entrée Chicken and Bowtie Pasta Soup, Artisan Bread, Baby Carrots, Fresh Fruit PM Snack Bagel, WOW butter and apple butter</p>	<p>AM Snack Cheerios and Milk Entrée Chickpea Curry, Naan Bread, Carrots and Corn, Fresh Fruit PM Snack Arrowroot cookies and bananas</p>
WEEK 4	<p>AM Snack Yogurt and Granola Entrée Butter Chicken, Brown Rice, Italian Mixed Vegetables (Peppers, Zucchini, Carrots, Beans), Fresh Fruit PM Snack Pita bread and Hummus</p>	<p>AM Snack Fruit muffins and cheese slices Entrée Tomato Bean Soup, Whole Wheat Mini Pitas, Carrot Wheels, Fresh Fruit PM Snack Crackers, WOW Butter and apple slices</p>	<p>AM Snack Blueberry waffles and apple butter Entrée Turkey Lasagna, Green Peas, Fresh Fruit PM Snack Rice cakes, cream cheese and cucumber</p>	<p>AM Snack Bagel and cream cheese Entrée Panko Crusted Wild Caught Pollock, Brown Rice, Broccoli, Fresh Fruit PM Snack All beef bologna sandwiches</p>	<p>AM Snack Cheerios and Milk Entrée Apple Roasted Chicken Drumstick, Whole Grain Pasta, Peas and Corn, Fresh Fruit PM Snack Arrowroot cookies and bananas</p>

- Menu is approved by a Registered Dietitian. **Milk and/or Water are served with lunch and snacks** Menu In Effect: November 26, 2018 ☐
- 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.

Morning and afternoon snacks prepared by Gwillimbury Hills Day Care