

FAIRY GLEN'S SPRING & SUMMER MENU

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
<p>Cereal and Fruit Shreddies or Cheerios with melon (watermelon, cantaloupe, or honeydew).</p> <p>Milk/Water</p>	<p>Applesauce & Crackers Unsweetened applesauce with animal crackers.</p> <p>Milk/Water</p>	<p>English Muffin and Fruit Whole wheat English muffin with unsweetened jam and orange slices.</p> <p>Milk/Water</p>	<p>Rice Cakes and Fruit Rice cakes with cinnamon cream cheese and apples.</p> <p>Milk/Water</p>	<p>Greek Yogurt & Granola Vanilla Greek yogurt & nut free granola.</p> <p>Milk/Water</p>
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
<p>Turkey and Ham Wraps Sliced turkey/ham deli meat on a whole wheat tortilla with butter.</p> <p>Milk/Water</p>	<p>Fruit and Yogurt Raspberries with vanilla yogurt.</p> <p>Milk/Water</p>	<p>Tuna and Whole Wheat Crackers Tuna salad with whole wheat crackers.</p> <p>Milk/Water</p>	<p>Hummus, Vegetables, and Pita Triangles Hummus served with carrots, peppers, cucumbers, and whole wheat pita.</p> <p>Milk/Water</p>	<p>Fresh Fruit and Trail Mix Blueberries and bananas served with trail (whole grain cereal (Shreddies & Cheerios), popcorn, raisins, and sunflower seeds).</p> <p>Milk/Water</p>

Fruit & Water is available to children at anytime.

*Serving sizes reflect the requirements of the Child Care and Early Years Act and the recommendations of the Canada Food Guide. As we encourage children to serve themselves and they do not always have a taste for or consume the portion in its entirety, these serving sizes are approximations of what your child will be offered at snack and meal times.

*Ingredients are highlighted according to the following legend: **Fruits and Vegetables**, **Grains**, **Milk and Alternatives**, and **Meat and Alternatives**. Ingredients are only highlighted if they make a significant contribution towards your child's recommended daily intake of the corresponding food group.

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WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Cereal and Fruit Shreddies or Cheerios with kiwi.	Yogurt and Fruit Vanilla yogurt served with fresh strawberries.	Fruit and Raisin Bread Grapes served with raisin bread and butter.	Banana Krispies Bananas with Rice Krispies cereal.	Whole Wheat Bagels and Cheese Whole wheat bagels with cheese cubes.
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Pita Triangles and Salsa Whole wheat pita triangles served with salsa for dipping and cucumber.	Pizza Bites Whole wheat pitas with pizza sauce, cheese, peppers, and turkey pepperoni.	Frozen Yogurt and Fruit Frozen yogurt with raspberries.	Chicken or Turkey Sandwiches and Fruit Whole wheat bread with sliced chicken or turkey and served with blueberries.	Vegetables and Dip Cucumber, peppers, and carrots with French onion yogurt dip.
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water

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WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Fruit and Yogurt Melon (watermelon, honeydew, or cantaloupe) and vanilla yogurt.	Granola Bar and Fruit Granola bar with pear slices.	English Muffin and Cheese English muffin with unsweetened jam and cheese cubes.	Fruit Salad and Graham Crackers Fruit salad (pears, peaches, pineapple, and cherries) served with graham crackers.	Raisin Bread and Fruit Raisin bread with butter or cinnamon cream cheese and kiwi.
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Mini Rice Cakes and Fruit Mini rice cakes with peaches and plums.	Vegetables and Cheese Carrots, cucumber, broccoli, peppers, and cheese cubes.	Popcorn and Applesauce Unsweetened applesauce and high fibre air popped popcorn.	Whole Wheat Crackers with Tuna Whole wheat crackers with tuna salad.	Yogurt Parfait Strawberry yogurt, chopped strawberries, and granola or bran cereal topping.
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water

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WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Cereal and Fruit Shreddies or Cheerios served with pears.	Banana Krispies Bananas with Rice Krispies.	Mini Croissant and Fruit Mini croissant with unsweetened jam and apple slices.	Raisin Bread and Cheese Raisin bread with butter and assorted cheese cubes.	Fruit and Yogurt Plums and vanilla yogurt.
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Cheese and Fruit Kabob Oranges, strawberries, apples, pineapple, and assorted cheese cubes.	Trail Mix and Fruit Popcorn, whole grain dry cereal, raisins, pumpkin seeds, and kiwi slices.	Frozen Grapes & Cheese Frozen diced grapes and cheese cubes.	Vegetables and Dip Sliced cucumber, carrots, and broccoli with ranch dressing dip.	Sorbet and Fruit Sorbet with 1 optional cone and assorted berries (raspberries, strawberries, and blueberries).
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water

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