



# CPCCS Spring and Summer Menu (Week 1)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Chicken & Barley Soup Seasonal Fruits & Vegetables Milk	Veggie Sticks &  Whole Wheat Crackers Water	(V) Vegetable Soup (GF) Chicken & Veggie Soup
T	Oatmeal with Diced Peaches Milk	Mini Burgers Seasonal Fruits & Vegetables Milk	Seasoned Pretzels Seasonal Fruit Water	(V) Vegetarian Burger (GF) Gluten-Free Bun
W	Yogurt & Granola Milk	Teriyaki Chicken with Brown Rice Seasonal Fruits & Vegetables Milk	Frozen Yogurt Pops Water	(V) Stir-Fried Tofu
Th	Whole Wheat Toast with Cinnamon Butter Seasonal Fruit Milk	Greek Salad with Pita Bread Seasonal Fruits & Vegetables Milk	Blueberry Bread Water	No Substitution Required
F	Pancakes & Blueberries Milk	Paella Bean Rice Seasonal Fruits & Vegetables Milk	Banana Sushi Water	No Substitution Required

## QUICK INFO

- ✓ Foods are served in family-style and Educators are seated with the children while they are eating.
- ✓ Water is available at each snack, lunch, and throughout the day to the children.
- ✓ Children under the age of 1 will eat according to the Infant Feeding Information sheet filled out upon registration.
- ✓ Children in Room 1, 2, and 3 will be drinking whole milk (or formula, etc. when appropriate).
- ✓ Servings are based on the Canadian Food Guide and Alberta Health Services guidelines.

Morning Snack: 8:00am – 9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2<sup>nd</sup> Snack: 5:30pm (Fruits, Crackers, and Water)

**\*To-Go Snacks are available at the kitchen in the afternoon for children to take for their journey home. An assortment of fresh fruit, dried fruits and crackers are offered for selection.**



# CPCCS Spring and Summer Menu (Week 2)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Chicken Parmesan with Whole Wheat Pasta Seasonal Fruits & Vegetables Milk	Sweet Pepper Slices & Graham Crackers Water	(V) Cheesy Pasta (GF) Gluten-Free Pasta
T	French Toast Seasonal Fruit Milk	Fish Tacos Seasonal Fruits & Vegetables Milk	Carrot Muffins Water	(V) Bean Tacos
W	Applesauce with Granola Topping Milk	Potato Gnocchi with Creamy Tomato Sauce Seasonal Fruits & Vegetables Milk	Trail Mix Water	No Substitution Required
Th	Breakfast Crescent Rolls Seasonal Fruit Milk	Chicken Subs Seasonal Fruits & Vegetables Milk	Baked Potato Wedges Water	(V) Vegetarian Sub (GF) Gluten-Free Bread
F	Whole Wheat Carrot Waffles Seasonal Fruit Milk	Pizza Seasonal Fruits & Vegetables Milk	Cheese, Carrot Sticks, & Whole Wheat Crackers Water	(V) Vegetarian Pizza (GF) Gluten-Free Pizza

## QUICK INFO

- ✓ Foods are served in family-style and Educators are seated with the children while they are eating.
- ✓ Water is available at each snack, lunch, and throughout the day to the children.
- ✓ Children under the age of 1 will eat according to the Infant Feeding Information sheet filled out upon registration.
- ✓ Children in Room 1, 2, and 3 will be drinking whole milk (or formula, etc. when appropriate).
- ✓ Servings are based on the Canadian Food Guide and Alberta Health Services guidelines.

Morning Snack: 8:00am – 9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2<sup>nd</sup> Snack: 5:30pm (Fruits, Crackers, and Water)

**\*To-Go Snacks are available at the kitchen in the afternoon for children to take for their journey home. An assortment of fresh fruit, dried fruits and crackers are offered for selection.**



# CPCCS Spring and Summer Menu (Week 3)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Perogies Seasonal Fruits & Vegetables Milk	Hummus & Pita Bread Water	No Substitution Required
T	Omelet with Whole Wheat Toast Seasonal Fruit Milk	Cheesy Chicken & Vegetable Quesadilla Seasonal Fruits & Vegetables Milk	Veggie Sticks & Whole Wheat Crackers Water	(V) Vegetarian Quesadilla
W	Morning Glory Muffins Milk	Shepherd's Pie Seasonal Fruits & Vegetables Milk	Very Berry Smoothie Blend Water	(V) Chickpea Shepherd's Pie
Th	Parfait Milk	Mediterranean Quinoa Salad Seasonal Fruits & Vegetables Milk	Zucchini Carrot Loaf Water	No Substitution Required
F	Banana Pancakes Milk	Sloppy Joe's (Turkey) Seasonal Fruits & Vegetables Milk	Homemade Oatmeal Cookies Water	(V) Vegetarian Sandwich (GF) Gluten-Free Bread

## QUICK INFO

- ✓ Foods are served in family-style and Educators are seated with the children while they are eating.
- ✓ Water is available at each snack, lunch, and throughout the day to the children.
- ✓ Children under the age of 1 will eat according to the Infant Feeding Information sheet filled out upon registration.
- ✓ Children in Room 1, 2, and 3 will be drinking whole milk (or formula, etc. when appropriate).
- ✓ Servings are based on the Canadian Food Guide and Alberta Health Services guidelines.

Morning Snack: 8:00am – 9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2<sup>nd</sup> Snack: 5:30pm (Fruits, Crackers, and Water)

**\*To-Go Snacks are available at the kitchen in the afternoon for children to take for their journey home.**

**An assortment of fresh fruit, dried fruits and crackers are offered for selection.**



# CPCCS Spring and Summer Menu (Week 4)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Baked Chicken & Vegetable Risotto Seasonal Fruits & Vegetables Milk	Apple Slices and Cheese Water	(V) Vegetarian Risotto
T	Wow! Butter & Jam with Apple Slices Milk	Meatloaf & Mashed Potatoes Seasonal Fruits & Vegetables Milk	Ants on a Log (Preschool) Ants on a Stump (Infant) Water	(V) Veggie Ground Meatloaf
W	Oatmeal & Diced Apples Milk	Squash Soup with Veggie Cornbread Seasonal Fruits & Vegetables Milk	Banana Bread Water	No Substitution Required
Th	Morning Patties Seasonal Fruit Milk	Chicken & Veggie Pizza Seasonal Fruits & Vegetables Milk	Peachsicle Smoothie Water	(V) Vegetarian Pizza (GF) Corn Tortilla Pizzas
F	English Muffin with Wow! Butter Seasonal Fruit Milk	Turkey Panini Seasonal Fruits & Vegetables Milk	Oat Bran Muffins Season Fruit Water	No Substitution Required

## QUICK INFO

- ✓ Foods are served in family-style and Educators are seated with the children while they are eating.
- ✓ Water is available at each snack, lunch, and throughout the day to the children.
- ✓ Children under the age of 1 will eat according to the Infant Feeding Information sheet filled out upon registration.
- ✓ Children in Room 1, 2, and 3 will be drinking whole milk (or formula, etc. when appropriate).
- ✓ Servings are based on the Canadian Food Guide and Alberta Health Services guidelines.

Morning Snack: 8:00am – 9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2<sup>nd</sup> Snack: 5:30pm (Fruits, Crackers, and Water)

**\*To-Go Snacks are available at the kitchen in the afternoon for children to take for their journey home.**

**An assortment of fresh fruit, dried fruits and crackers are offered for selection.**