



CPCCS Fall and Winter Menu (Week 1)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Orange Slices Milk	Chicken Noodle Soup with Dumplings & Broccoli Seasonal Fruits & Vegetables Milk	Apple Slices and Cheese Water	(V) Vegetarian Soup
T	Oatmeal & Diced Peaches Milk	Veggie Chili w/ Cornbread Seasonal Fruits & Vegetables Milk	Power Gold Smoothie Water	No Substitution Require
W	Whole Wheat English Muffin with Wow! Butter Seasonal Fruit Milk	Pizza with Green Peppers Seasonal Fruits & Vegetables Milk	Homemade Oatmeal Cookies Water	(V) Vegetarian Pizza
Th	Fruit Salad w/ Yogurt Milk	Vegetable Lasagna with Whole Wheat Garlic Toast Seasonal Fruits & Vegetables Milk	Hummus and Pita Carrot Sticks Water	No Substitution Required
F	Whole Wheat Waffles Seasonal Fruit Milk	Meatballs and Couscous Seasonal Fruits & Green Peas Milk	Homemade Granola Bars Water	(V) Vegetarian Meatballs

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

2nd 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 Fall and Winter Menu (Week 2)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Apple Slices Milk	Cheesy Ravioli with Tomato Sauce Seasonal Fruits & Vegetables Milk	Seasoned Pretzels Green Peppers Water	No Substitution Required
T	Whole Wheat Toast w/ Cinnamon Butter Seasonal Fruit Milk	Chicken and Veggie Fried Rice Seasonal Fruits & Vegetables Milk	Veggie Sticks and Whole Wheat Crackers Water	(V) Tofu Fried Rice
W	Healthy Morning Glory Muffins Milk	Chickpea Tomato Soup w/ Grilled Cheese & Spinach Seasonal Fruits & Vegetables Milk	Baked Sweet Potato Fries Tzatziki Dip Water	No Substitution Required
Th	Whole Grain Breakfast Wrap Seasonal Fruit Milk	Asian Teriyaki Vermicelli with Beef Seasonal Fruits & Vegetables Milk	Homemade Blueberry Bread Cucumber Slices Water	(V) Vegetarian Teriyaki Vermicelli
F	Oatmeal Bread with Jam Seasonal Fruit Milk	Corn Chowder w/ Pita Seasonal Fruits & Vegetables Milk	Rice Cakes with Wow! Butter Banana Slices Water	No Substitution Required

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Morning Snack: 8:00am – 9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2nd Snack: 5:30pm (Fruits, Crackers, and Water)

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CPCCS Fall and Winter Menu (Week 3)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Tomato Macaroni & Cheese Seasonal Fruits & Vegetables Milk	Ants on a Log (Preschool) Ants on a Stump (Infant) Orange Slices Water	No Substitution Required
T	Whole Wheat Bagel with Cream Cheese Seasonal Fruit Milk	Fish Taco Tuesday Seasonal Fruits & Vegetables Milk	Homemade Zucchini Loaf Seasonal Fruit Water	(V) Vegetarian Tacos
W	Cinnamon Morning Oatmeal Apple Slices Milk	Meatball Minestrone Soup with Whole Wheat Crackers Seasonal Fruits & Vegetables Milk	Banana Rolls Water	(V) Vegetarian Soup
Th	Yogurt and Granola w/ Mixed Berries Milk	Cheesy Veggie Pizza Seasonal Fruits & Vegetables Milk	Pumpkin Raisin Muffins Cucumber Sticks Water	No Substitution Required
F	Omelet with Whole Wheat Toast Seasonal Fruit Milk	Better Butter Chicken Seasonal Fruits & Vegetables Milk	Homemade Apple Crisp Water	(V) Tofu

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Morning Snack: 8:00am – 9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2nd Snack: 5:30pm (Fruits, Crackers, and Water)

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CPCCS Fall and Winter Menu (Week 4)

	MORNING SNACK	LUNCH	AFTERNOON SNACK	ALTERNATIVES
M	Whole Grain Cereal Seasonal Fruit Milk	Spinach and Ricotta Tortellini Pasta Seasonal Fruits & Vegetables Milk	Trail Mix Orange Slices Water	No Substitution Required
T	Hard Boiled Eggs with Whole Wheat Toast Seasonal Fruit Milk	Lentil Vegetable Soup with Pita Seasonal Fruits & Vegetables Milk	Orange Banana Muffins Banana Slices Water	No Substitution Required
W	French Toast Seasonal Fruit Milk	Taquitos Seasonal Fruits & Vegetables Milk	Veggie Sticks w/ Dip Water	(V) Vegetarian Taquitos
Th	Carrot Bran Muffins Seasonal Fruit Milk	Spaghetti w/ Creamy Tomato Sauce Seasonal Fruits & Vegetables Milk	Whole Wheat Graham Crackers and Jam Cucumber Slices Water	(V) Vegetarian sauce
F	Pancakes with Blueberries Milk	Black Bean Veggie Casserole Seasonal Fruits & Vegetables Milk	Apples and Whole Wheat Crackers Water	No Substitution Required

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Morning Snack: 8:00am – 9:00am

Lunch: 11:00am – 11:45am

Afternoon Snack: 2:30pm – 3:30pm

2nd 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.