

CANMORE COMMUNITY DAYCARE MENU

WEEK # 1

Date: June 4 - 8, 2018

	AM Snack	Lunch	PM Snack	After School Snack
Monday Sysco Order	- Cream of wheat with berries	- Baked pasta w/meat sauce - Fruit	- Homemade ranch dip - Rice cakes - veggies	
Tuesday Safeway Order	- Cold cereal - Fruit	- whole chibatta bread - Chicken Tortilla soup - Fruit	- Berry & banana smoothie - Pita	
Wednesday	- English muffin - Fruit	- Roast carrots & yams - Rice pilaf - Roast Turkey - Fruit	- Whole wheat croissants - Veggies	
Thursday	- Berries - Greek yogurt - Granola	- Chicken fajita's - Fruit	- Roast pears - Triscuits	
Friday	- Raisin bread - Fruit	- Pea butter and Jam sandwiches - Coleslaw salad - Fruit	- Fruit - Rice cracker	

CANMORE COMMUNITY DAYCARE MENU

WEEK # 2

Date: June 11 - 14, 2018

	AM Snack	Lunch	PM Snack	After School Snack
Monday Sysco order	- Berry and chia seed oatmeal	- Spaghetti with hearty tomato sauce - Fresh Fruit	- banana bread - Veggies	
Tuesday Safeway Order	- Cereal - Fruit	- Cheese and Broccoli Frittata with salsa - Black beans and rice - Fruit	- Whole wheat berry muffins - Veggies	
Wednesday	- Berries - Greek yogurt	- Turkey and cheese sandwiches - Garden salad - Fruit	- Tzatziki - veggies - crackers	
Thursday	- 12 grain toast w/ butter - Fruit	- Build your own taco - Fruit	- Fresh veggies - Hummus - Whole wheat Tortilla	
Friday	- Bagels with butter - Fresh fruit	- Pumpkin oatmeal pancakes - Garlic sausages - Fruit	- Fruit - Triscuits	

CANMORE COMMUNITY DAYCARE MENU

WEEK # 3

Date: June 18 – 22, 2018

	AM Snack	Lunch	PM Snack	After School Snack
Monday Sysco Order	- cranberry orange loaf - Fruit	- Butternut squash soup - Whole wheat Chibatta - Fruit	- Apple sauce - Rice cakes	
Tuesday Safeway Order	- Cereal - Fruit	- Pasta with chicken and broccoli - Fruit	- Cornbread - Fruit	
Wednesday	- Fruit - Greek Yogurt - Granola	- Ham and cheese sandwiches - chef choice salad - Fruit	- Oatmeal carrot cookies - Veggies	
Thursday	- Over night oats with berries & chia seeds	- Veggie chilli - Crumble tortilla - Sour cream - Fresh fruit	- Cheese - Crackers - Veggies	
Friday	- Raisin toast - Fresh Fruit	- Brown Rice - Butter veg - Roast chicken - Fruit	- Fruit - Rice cakes	

CANMORE COMMUNITY DAYCARE MENU

WEEK # 4

Date: June 25 – 29, 2018

	AM Snack	Lunch	PM Snack	After School Snack
Monday Sysco Order	- Cinnamon apple oatmeal	- Grilled cheese - Fresh carrots - Fresh fruit	- Homemade Ranch - Veggies - Pita	
Tuesday Safeway Order	- Cold cereal - Fruit	- Mac and cheese w/spinach and kale - Turkey sausages - Fruit	- Banana pumpkin seed bread - Fresh fruit	
Wednesday	- Cranberry orange loaf - Fruit	- Basmati Rice and barley - Roast Turkey - Veggies - Fruit	- Veggies - Crackers - Berry cream cheese	
Thursday	- Berries - Greek Yogurt - Granola	- Perogies - Baked Beans - peas - Fruit	- Puff pastry pizza - Veggies	
Friday	- English muffins - Fruit	- Butter chicken - Coconut Rice w/ peas - Fruit	- Fresh Fruit - Crackers	