



Pladec East Day Care Centre  
 671 Innovation Drive  
 Kingston, ON  
 K7K 7E7  
 Phone: 613-507-4321  
 Fax: 613-507-5678  
 Email: east@pladecdaycare.ca

Week:	1	2	3	4	
	Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning Snack	Toast & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
<b>Morning Snack <sup>1</sup></b>	Cereal & Milk	Pumpkin Muffins	Pancakes & Bananas	Yogurt & Granola	English Muffins & Pears
Grain Products	W.G. Cheerios	W.W. Flour	Pancake Mix	Oats & Rice Krispies	W.W. English Muffins
Vegetable or Fruit			Banana		Pears
Milk Products	Milk	Milk to Drink	Milk to Drink	Yogurt	
Meat & Alternatives					
Other *	Water to Drink			Water to Drink	Honey Water to Drink
<b>Lunch Meal <sup>2</sup></b>	Lentil Spaghetti	Chicken Fajita	Cod Nuggets & Rice	Soup & Sammy's	Beef Stroganoff
Grain Products	W.W. Spaghetti	W.W. Tortilla	Rice	W.W. Bread	Egg Noodle
Vegetable	Spinach & Tomato Sauce	Onions, Red & Green Peppers	Corn	Tomato Soup	Carrots, Mushrooms & Onions
Fruit	Peaches	Mango	Honeydew	Mandarins	Gala Apples
Milk Products	Milk to Drink	Cheddar Cheese & Milk to Drink	Milk to Drink	Swiss Cheese & Milk to Drink	Milk to Drink
Meat & Alternatives	Lentils	Chicken Breast	Cod Nuggets	Sliced Ham	Stew Beef
Other *	Parmesan Cheese	Sour Cream & Salsa			
<b>Substitutions:</b>					
<b>Afternoon Snack <sup>1</sup></b>	Pretzels & Apples	Sticks & Spinach Dip	Strawberry Crumble	Veggies & Hummus Dip	Rice Cakes & Mixed Fruit
Grain Products	Pretzels	Breadsticks	Oats	Pita	Rice Cakes
Vegetable or Fruit	Granny Smith Apples	Spinach	Strawberries	Carrots & Celery	Various Fruits
Milk Products		Greek Yogurt	Milk to Drink		
Meat & Alternatives				Chickpeas	
Other *	Water to Drink	Cream Cheese & Parmesan Cheese Water to Drink		Water to Drink	Water to Drink
Late Afternoon Snack	Graham Cracker & Milk	Pretzels & Wow Butter	Sticks & Spinach Dip	Strawberry Crumble	Veggies & Hummus Dip
<b>Total Required:</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	3	4	4	3	4
Milk Products (1-2)	2	3	3	2	1
Meat & Alternatives (1-2)	1	1	1	2	1
Meets requirements?	Yes	Yes	Yes	Yes	Yes

<sup>1</sup> The morning and afternoon snack must include at least 2 food groups

<sup>2</sup> Lunch must contain all food groups

\* This is NOT a food group

Planned by:  
Kita

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November 2018



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Early Morning Snack	Toast & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
<b>Morning Snack <sup>1</sup></b>	Cereal & Milk	Banana Muffins & Milk	Fruit & Sticks	Raisin Toast & Milk	Granola & Yogurt
Grain Products	Shreddies	W.W. Flour	Bread Sticks	Raisin Bread	Oats & Rice Krispies
Vegetable or Fruit			Cantaloupe		
Milk Products	Milk	Milk to Drink		Milk to Drink	Vanilla Yogurt
Meat & Alternatives					
Other *	Water to Drink		Water to Drink		Water to Drink
<b>Lunch Meal <sup>2</sup></b>	Sweet Potato Soup	Butter Chicken	Squash, Pancakes & Eggs	Spaghetti & Meatballs	Ham & Corn Chowder
Grain Products	Rice	Na'an Bread	Pancakes	W.W. Spaghetti	W.W. Biscuits
Vegetable	Sweet Potatoes, Carrots & Onions	Broccoli	Butternut Squash	Tomato Sauce & Spinach	Corn
Fruit	Honeydew	Mango	Apples	Oranges	Peaches
Milk Products	Milk to Drink	Milk to Drink	Milk to Drink	Milk to Drink	Milk to Drink
Meat & Alternatives	White Kidney Beans	Chicken	Eggs	Beef Meatballs	Baked Ham
Other *					
<b>Substitutions:</b>					
<b>Afternoon Snack <sup>1</sup></b>	Cinnamon Snowflakes	Melba Toast & Cheese	Mixed Berry Crumble	Veggies & Dip	Graham Crackers & Fruit
Grain Products	Tortilla	Melba Toast	Oats & Flour	Pita	Graham Cracker
Vegetable or Fruit	Apple Sauce		Mixed Berries	Carrots, Cauliflower & Broccoli	Mixed Fruit
Milk Products		Cheddar Cheese		Greek Yogurt	
Meat & Alternatives					
Other *	Cinnamon, Brown Sugar & Butter Water to Drink	Water to Drink	Water to Drink	Water to Drink	Water to Drink
Late Afternoon Snack	Rice Cakes & Wow Butter	Cinnamon Snowflakes	Melba Toast & Cheese	Mixed Berry Crumble	Veggies & Dip
<b>Total Required:</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	3	3	3	3	3
Milk Products (1-2)	2	3	2	3	2
Meat & Alternatives (1-2)	1	1	1	1	1
Meets requirements?	Yes	Yes	Yes	Yes	Yes

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	Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning Snack	Toast & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
<b>Morning Snack</b> <sup>1</sup>	Cereal & Milk	Apple Spice Muffins	Waffles & Fruit	English Muffin & Wov Butter	Yogurt & Graham Crackers
Grain Products	Raisin Bran	W.W. Flour & Oats	Waffles	W.W. English Muffin	Graham Cracker
Vegetable or Fruit			Strawberries		
Milk Products	Milk	Milk to Drink		Milk to Drink	Vanilla Yogurt
Meat & Alternatives				Soy Butter Spread	
Other *	Water to Drink		Water to Drink		Water to Drink
<b>Lunch Meal</b> <sup>2</sup>	Vegetarian Chili	Scalloped Potatoes & Roasted Pork Loin	Chicken a la King	Beef Stir Fry	Toasted "LTE"
Grain Products	W.W. Bun	Rye Bread	Baby Shell Pasta	Rice	W.W. Bread
Vegetable	Tomato Sauce with Mushrooms & Onions	Scalloped Potatoes & Green Beans	Peas & Carrots	Broccoli, Cauliflower & Snow Peas	Lettuce & Tomatoes
Fruit	Oranges	Mango	Apricots	Honeydew	Banana
Milk Products	Milk to Drink	Milk to Drink	Cheese & Milk to Drink	Milk to Drink	Milk to Drink
Meat & Alternatives	Red Kidney Beans & Ground Soy Protein	Pork Loin	Chicken	Beef Strip	Eggs
Other *					
<b>Substitutions:</b>					
<b>Afternoon Snack</b> <sup>1</sup>	Rice Cakes & Veggies	Apples & Cheese	Brownies & Apple Sauce	Breadsticks & Fruit	Bagels & Fruit
Grain Products	Rice Cakes	Arrowroot Cookies	W.W. Flour	Breadsticks	W.W. Bagels
Vegetable or Fruit	Tomatoes & Cucumbers	Granny Smith Apples	Applesauce	Grapes	Mixed Fruit
Milk Products		Cheddar Cheese	Milk to Drink		
Meat & Alternatives			Black Beans		
Other *	Cream Cheese Spread Water to Drink	Water to Drink		Water to Drink	Water to Drink
Late Afternoon Snack	Breton Cracker & Banana	Rice Cakes & Veggies	Apples & Cheese	Brownies & Apple Sauce	Breadsticks & Fruit
<b>Total Required:</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	3	3	4	3	3
Milk Products (1-2)	2	3	2	2	2
Meat & Alternatives (1-2)	1	1	2	1	2
Meets requirements?	Yes	Yes	Yes	Yes	Yes

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	Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning Snack	Toast & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
<b>Morning Snack <sup>1</sup></b>	Cereal & Milk	Blueberry Muffin	Apple Cinnamon Oatmeal	Bagels & Fruit	Granola and Yogurt
Grain Products	Just Right	W.W. Flour	Oats	W.W. Bagels	Oats & Rice Krispies
Vegetable or Fruit			Applesauce	Mango	
Milk Products	Milk	Milk to Drink	Milk to Drink		Vanilla Yogurt
Meat & Alternatives					
Other *	Water to Drink			Water to Drink	Water to Drink
<b>Lunch Meal <sup>2</sup></b>	Cheesy Beans	Pasta e Fagioli	Turkey Pot Pie	Tuna & Avocado Croissant	Pizza Wraps
Grain Products	W.W. Bread	Ditaliani Pasta	Biscuit Crust	Croissants	Tortilla
Vegetable	Green Beans	Carrots, Celery, Onions & Tomatoes	Peas	Avocado & Lettuce	Peppers
Fruit	Mandarins	Pears	Honeydew	Peaches	Pineapple
Milk Products	Cheese & Milk to Drink	Milk to Drink	Cream Sauce & Milk to Drink	Milk to Drink	Milk to Drink
Meat & Alternatives	Baked Beans	Ground Beef	Turkey	Tuna	Sliced Ham
Other *					
<b>Substitutions:</b>					
<b>Afternoon Snack <sup>1</sup></b>	Oatmeal Cookies	Veggies, Cheese & Crackers	Blondies & Milk	Wow Butter & Melba Toast	Crackers & Fruit
Grain Products	Oats	Wheat Thin	W.W. Flour	Melba Toast	Ritz
Vegetable or Fruit	Bananas	Cucumber & Cauliflower		Granny Smith Apples	Mixed Fruit
Milk Products		Cheese	Milk to Drink		
Meat & Alternatives			Chickpeas		
Other *	Water to Drink	Water to Drink		Soy Butter Spread & Water to Drink	Water to Drink
Late Afternoon Snack	Fruit & Graham Crackers	Oatmeal Cookies	Cheese & Fruit	Blondies & Milk	Wow Butter & Melba Toast
<b>Total Required:</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	3	4	3	3	3
Milk Products (1-2)	2	3	4	1	2
Meat & Alternatives (1-2)	1	1	2	2	1
Meets requirements?	Yes	Yes	Yes	Yes	Yes

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