

Pladec Mack Day Care
 349 Mack Street, Kingston, ON, K7L 1R4
 Phone: (613) 546-1234
 Fax: (613) 546-6152
 Email: mack@pladecdaycare.ca

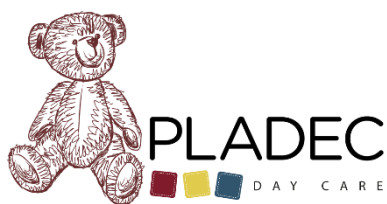
Week:	1	2	3	4	
	Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning Snack	WW Toast & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Morning Snack ¹	Cereal & Fruit	Yogurt & Arrowroots	WW Toast with Jam	Oatmeal & Berries	Pancakes and Fruit
Grain Products	Raisin Bran	Arrowroot	WW Bread	Oats	Pancakes
Vegetable or Fruit	Fruit Cocktail		Pears	Mixed Berries	Pineapple
Milk Products	Milk	Yogurt		Milk	Milk
Meat & Alternatives					
Other *		Water	Water		
Lunch Meal ²	Meatball Madness	Quinoa Casserole	Black Bean Quesadillas	Cheesy Chicken Pasta	Tomato Soup with Grilled Ham & Cheese Sandwiches
Grain Products	WW Rice	Quinoa	Tortillas	Bow Tie Pasta	WW Bread & Soda Crackers
Vegetable	Corn	Spinach & Tomato	Green Peppers & Onion	Mixed Beans	Tomato and Carrots
Fruit	Apples	Peaches	Mandarins	Apricots	Banana
Milk Products	Milk	Milk	Milk & Cheese	Milk & Cheese	Milk
Meat & Alternatives	Meatballs	Ground Turkey	Black beans	Chicken	Ham
Other *	Sweet and Sour				
Substitutions:			Chicken		
Afternoon Snack ¹	Mini Pizza's	Trail Mix	Crackers & Cucumber	Pumpkin Muffins	Digestive Cookies & Cream Cheese
Grain Products	WW Pita	Mixed Cereal & Crackers	Triscuits	Flour and Oats	Digestive Cookies
Vegetable or Fruit	Spinach & Tomato Sauce		Cucumber	Pumpkin	
Milk Products	Cheese	Cheese		Milk	Milk
Meat & Alternatives					
Other *	Water	Water	Water		Cream Cheese
Late Afternoon Snack	Rice Cakes & Fruit	Mini Pizza's	Trail Mix & Cheese	Triscuits & Cumber	Pumpkin Muffins
Total Required:					
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	4	3	4	4	3
Milk Products (1-2)	3	3	2	3	4
Meat & Alternatives (1-2)	1	1	1	1	1
Meets requirements?	Yes	Yes	Yes	Yes	Yes

¹ The morning and afternoon snack must include at least 2 food groups

² Lunch must contain all food groups

* This is NOT a food group

Planned by: Hilary Meldrum
 Date: October 2018



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Week:

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	Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning Snack	WW English Muffin & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Morning Snack ¹	Cereal and Fruit	Waffles & Clementines	Egg McMuffins	Cottage Cheese & Crackers	Banana Bread
Grain Products	Shreddies	Waffles	English Muffins	Graham Crackers	Flour
Vegetable or Fruit	Mandarins	Clementines			Banana
Milk Products	Milk	Milk	Cheese	Cottage Cheese	Milk
Meat & Alternatives			Egg		
Other *		Syrup	Water	Water	
Lunch Meal ²	Tuna Casserole	Sloppy Joes	Pizza Pasta	Honey Dijon Chicken	Vegetable Soup
Grain Products	WW Rice	WW Buns	Bow Tie Pasta	Cous Cous	WW Bread and Soda Crackers
Vegetable	Peas	Celery, Onion and Peppers	Peppers and Onion	Broccoli	Mixed Vegetables
Fruit	Pears	Pineapple	Watermelon	Mango	Apples
Milk Products	Milk	Milk & Cheese	Milk & Cheese	Milk	Milk
Meat & Alternatives	Tuna	Ground Beef	Ham	Chicken	White Beans
Other *			Tomato Sauce	Honey & Dijon Mustard	
Substitutions:					Chicken
Afternoon Snack ¹	Cheese & Crackers	Peach Crisp	Tortilla Crisps	Crackers, Meat & Cucumbers	Mixed Berries and Yogurt
Grain Products	Goldfish Crackers	Oats	Tortillas	Bretons	Digestive Cookies
Vegetable or Fruit	Tomato	Peaches	Strawberries	Cucumber	Mixed Berries
Milk Products	Cheese	Milk	Milk		Yogurt
Meat & Alternatives				Sliced Turkey	
Other *	Water			Water	Water
Late Afternoon Snack	Crackers & Fruit	Cheese & Crackers	Peach Crisp	Tortilla Crisps & Strawberries	Crackers, Meat & Cucumber
Total Required:					
Grain Products (3-4)	3	3	3	3	4
Vegetables & Fruit (2-4)	4	4	3	3	4
Milk Products (1-2)	3	4	3	2	3
Meat & Alternatives (1-2)	1	1	2	2	1
Meets requirements?	Yes	Yes	Yes	Yes	Yes

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	Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning Snack	WW Toast & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Morning Snack ¹	Cereal and Fruit	Cinnamon Toast & Mango	Yogurt, Fruit & Granola	Blueberry Muffins	Oatmeal & Fruit
Grain Products	Cheerios	WW Bread	Oats and Cheerios	Oats & Flour	Oats
Vegetable or Fruit	Apricots	Mango	Raspberries	Blueberries	Peaches
Milk Products	Milk		Yogurt	Milk	Milk
Meat & Alternatives					
Other *		Water	Water		
Lunch Meal ²	Tofu Mac and Cheese	Egg Bake	Chicken Noodle Soup	Spaghetti & Meatballs	Black Beans and Rice
Grain Products	Elbow Noodles	English Muffins	Pasta & Soda Crackers	Spaghetti Noodles	Rice
Vegetable	Green Beans and Onions	Broccoli and Onion	Mixed Vegetables	Spinach and Onions	Tomato and Corn
Fruit	Apples	Banana	Pineapple	Pears	Mandarins
Milk Products	Milk & Cheese	Milk & Cheese	Milk	Milk	Milk & Cheese
Meat & Alternatives	Tofu	Egg	Chicken	Meatballs	Black Beans
Other *					
Substitutions:	Ground Beef	Meatballs		Lentils	Tuna
Afternoon Snack ¹	Bread Sticks & Salsa	Cinnamon Snails	Arrowroots & Fruit	Applesauce & WW Pita	Rice Cakes & Cucumber
Grain Products	Bread Sticks	Tortilla	Arrowroot	WW Pita	Rice Cakes
Vegetable or Fruit	Carrots	Mixed Fruit	Honeydew	Applesauce	Cucumber
Milk Products		Milk	Milk		
Meat & Alternatives					
Other *	Salsa & Water	Cream Cheese & Cinnamon		Water	Water
Late Afternoon Snack	Yogurt & WW Pita	Breadsticks & Carrots	Cinnamon Snails & Mixed Fruit	Arrowroots & Honeydew	Applesauce & WW Pita
Total Required:					
Grain Products (3-4)	3	3	4	3	3
Vegetables & Fruit (2-4)	4	4	4	4	4
Milk Products (1-2)	3	2	2	2	3
Meat & Alternatives (1-2)	1	1	1	1	1
Meets requirements?	Yes	Yes	Yes	Yes	Yes

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Early Morning Snack	WW Toast & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Morning Snack ¹	Cereal and Fruit	Bagels and Cream Cheese	Applesauce and Graham Crackers	Oatmeal Cookies and Fruit	Cottage Cheese and Fruit
Grain Products	Just Right	W.W. Sesame Bagel	Graham Crackers	Oatmeal Cookies	Biscuits
Vegetable or Fruit	Mandarins		Applesauce	Pineapple	Cantaloupe
Milk Products	Milk	Milk and Cream Cheese		Milk	Cottage Cheese
Meat & Alternatives					
Other *		Water	Water		Water
Lunch Meal ²	Turkey Tetrzzini	Ham & "Alphagetti"	Fish Sticks	Shepherds Pie	Chicken Fajita's
Grain Products	Spiral Noodles	Alphabet Pasta	Rice	WW Bun	WW Tortilla
Vegetable	Peas	Cauliflower & Tomato Sauce	Mixed Vegetables	Sweet Potato & Corn	Onion, Green & Red Peppers
Fruit	Apricots	Peaches	Strawberries	Mango	Oranges
Milk Products	Alfredo Sauce and Milk	Milk & Butter	Milk	Milk	Milk & Cheese
Meat & Alternatives	Turkey	Ham	Fish Sticks	Ground Beef	Chicken
Other *					
Substitutions:			Chicken Sticks		
Afternoon Snack ¹	Berry Crisp	Pretzels & Fruit	Lemon Blueberry Loaf	Apples & Cheese	Applesauce and Digestive Cookies
Grain Products	Oats	Pretzels	Flour	Veggie Thins	Digestive Cookies
Vegetable or Fruit	Mixed Berries	Banana	Blueberries	Apples	Applesauce
Milk Products	Milk	Milk	Milk		
Meat & Alternatives					
Other *				Water	Water
Late Afternoon Snack	Rice Cakes & Cheese	Berry Crisp & Milk	Pretzels & Fruit	Lemon Blueberry Loaf	Apples & Cheese
Total Required:					
Grain Products (3-4)	3	3	3	3	3
Vegetables & Fruit (2-4)	4	3	4	4	4
Milk Products (1-2)	2	3	2	2	2
Meat & Alternatives (1-2)	1	1	1	1	1
Meets requirements?	Yes	Yes	Yes	Yes	Yes

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