



Pladec Mack
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Pladec East
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Week #1	Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning Snack	Graham Crackers & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Morning Snack	Shreddies and Milk Served with Peaches	Toasted Raisin Bread Served with Mango	Whole Wheat Blueberry Muffins	Mixed Berry Puree and Yogurt	Bananas and Waffles
	Milk to Drink ○V √F √G √D ○MA	Milk to Drink ○V √F √G √D ○MA	Milk to Drink ○V √F √G √D ○MA	Water to Drink ○V √F √G √D ○MA	Milk to Drink ○V √F √G √D ○MA
Lunch	Sweet Potato & Chickpea Burgers (with Cheddar Cheese and Whole Wheat Bun)	Veggie "Sushi" (Rice Paper, Peppers, Bean Sprouts, and Veggie Protein)	Honey Dijon Cous Cous (with Chicken and Peas)	Pizza Pasta (Ham, Mushrooms, Kale, Mozzarella Cheese and Tomato Sauce)	Fish Tacos (Whole Wheat Tortilla, Mixed Greens, Tomato, Cheddar Cheese, Cod)
	Served with Apricots Water to Drink √V √F √G √D √MA	Served with Apples Milk to Drink √V √F √G √D √MA	Served with Oranges Milk to Drink √V √F √G √D √MA	Serves with Pineapple Water to Drink √V √F √G √D √MA	Served with Asian Pears Water to Drink √V √F √G √D √MA
Afternoon Snack	Oatmeal Cookies	Breton Crackers	Rice Cakes and Tomato Slices	Melba Toast and Greek Yogurt Dip	"Bits & Bites" (Cheerios, Shreddies, Pretzels, Cheese Nibs) Served with Mixed Fruits
	Served with Strawberries Water to Drink ○V √F √G ○D ○MA	Served with Honeydew Melon Water to Drink ○V √F √G ○D ○MA	With Herb and Garlic Cream Cheese Spread Water to Drink √V ○F √G ○D ○MA	Served with Cauliflower, Cucumbers, Green Beans and Snow Peas Water to Drink √V ○F √G ○D ○MA	Water to Drink ○V √F √G ○D ○MA
Late Afternoon Snack	Pretzels & Cheese	Oatmeal Cookies & Milk	Breton Crackers & Honeydew	Rice Cakes & Milk	Melba Toast & Veggies

All menus are planned according to the Canada Food Guide and recommendations from our local Public Health Unit. All food is cooked with consideration of maintaining its full nutritional value. Lunch Meals are to include at least TWO choices from the Vegetable and/or Fruit food group, ONE choice from the Grain Products, Milk and Alternatives and Meat and Alternatives food groups. All snacks are to include at least ONE choice from TWO different food groups, with ONE choice from the Vegetable and/or Fruit food group, as well ONE snack must include at least ONE choice from the Grain Products and the other includes ONE choice from the Milk and Alternatives food Group.
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Week #2	Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning Snack	Arrowroots & Pears	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Morning Snack	All Bran, Blueberries and Milk	Avocado Toast	Carrot Muffins	Yogurt and Strawberries	Waffles & Banana
	Milk to Drink ○V √F √G √D ○MA	Milk to Drink √V ○F √G √D ○MA	Milk to Drink √V ○F √G √D ○MA	Water to Drink ○V √F √G √D ○MA	Milk to Drink ○V √F √G √D ○MA
Lunch	Veggie Lasagna (Vegetable Protein, Whole Wheat Noodles, Mozzarella Cheese) with Spring Salad (Peppers, Cucumbers and Mixed Greens)	Chicken, Broccoli and Carrot Slaw Salad (Served with Pita Crisps)	Meatball Subs (Whole Wheat Buns, Tomato Sauce and Cheese) Served with Green Beans	Quesadillas (White Beans, Cheddar Cheese, and Peppers)	Broccoli, Asparagus and Cheese Frittata (with Whole Wheat English Muffins)
	Served with Apricots	Served with Oranges	Served with Pineapple	Served with Asian Pears	Served with Watermelon
	Milk to Drink √V √F √G √D √MA	Milk to Drink √V √F √G √D √MA	Water to Drink √V √F √G √D √MA	Water to Drink √V √F √G √D √MA	Water to Drink √V √F √G √D √MA
Afternoon Snack	Digestive Cookies and Grapes	Wheat Thins, Veggies and Dip (Cauliflower, Zucchini, Snow Peas and Homemade Tzatziki)	Cheese Cubes and Apples	Quinoa Cookies and Honeydew	Rice Cakes and Various Fruits
	Water to Drink ○V √F √G ○D ○MA	Water to Drink √V ○F √G ○D ○MA	Water to Drink ○V √F √G √D ○MA	Water to Drink ○V √F √G ○D ○MA	Water to drink ○V √F √G ○D ○MA
Late Afternoon Snack	Rice Cakes & Fruit	Digestive Cookies & Fruit	Wheat Thins & Veggies	Breadsticks & Cheese	Quinoa Cookies & Fruit

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Week #3	Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning Snack	Graham Crackers & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Morning Snack	Cheerios with Milk Served with Mandarins	Whole Wheat Bagels Served with Herb Cream Cheese Spread and Tomatoes	Cheesy Breakfast Muffins and Peaches	Yogurt and Mango	Waffles and Bananas
	Milk to Drink ○V √F √G √D ○MA	Milk to Drink √V ○F √G √D ○MA	Water to Drink ○V √F ○G √D √MA	Water to Drink ○V √F √G √D ○MA	Milk to Drink ○V √F √G √D ○MA
Lunch	Veggie Stir-Fry (Mixed Vegetables, Rice and Vegetable Protein)	Meatloaf (With Cauliflower "Potatoes", Green Beans and Rye Bread)	Parm pasta (Whole Wheat Pasta, Spinach Pesto, White Beans, and Parmesan Cheese)	Chicken Tacos (Whole Wheat Tortillas, Cheddar Cheese, and Spinach)	Tuna Melts (Whole Wheat English Muffins, Spinach, and Cheddar Cheese)
	Served with Honeydew Milk to Drink √V √F √G √D √MA	Served with Watermelon Milk to Drink √V √F √G √D √MA	Served with Apricots Milk to Drink √V √F √G √D √MA	Served with Honey Dew Water to Drink √V √F √G √D √MA	Served with Mangos Water to Drink √V √F √G √D √MA
Afternoon Snack	Whole Wheat Blueberry Muffins	Apples and Wow Butter Melba Toast "Sandwiches"	Cucumber and Cheese Triscuit "Sandwiches"	Watermelon and Breadsticks	Pretzels and Various Fruits
	Water to Drink ○V √F √G ○D ○MA	Water to Drink ○V √F √G ○D √MA	Water to Drink √V ○F √G √D ○MA	Water to Drink ○V √F √G ○D ○MA	Water to Drink ○V √F √G ○D ○MA
Late Afternoon Snack	Pretzels & Fruit	Blueberry Muffin & Milk	Melba Toast & Fruit	Triscuits & Cheese	Breadsticks & Fruit

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Week #4	Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning Snack	Arrowroots and Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Morning Snack	Rice Krispies and Milk Served with Raspberries	Avocado Toast	English Muffins with Wow Butter Served with Strawberries	Yogurt and Blueberries Served with Kita's Granola	Waffles and Applesauce
	Milk to Drink ○V √F √G √D ○MA	Milk to Drink ○V √F √G √D ○MA	Water to Drink ○V √F √G ○D √MA	Water to Drink ○V √F √G √D ○MA	Water to Drink ○V √F √G ○D ○MA
Lunch	Cous Cous Salad (Tomato, Cucumbers, Feta and Chickpeas)	Turkey "Joe" Sliders (Sesame Whole Wheat Bun, Mozzarella Cheese and Corn)	Thai Noodles (Rice Noodles, Bok Choi, Carrots, Bean Sprouts and Tofu)	Beef Burritos (Peppers, Onions, Whole Wheat Tortilla, Cheddar Cheese and Greek Yogurt)	Chicken Salad Pitas (Lettuce, Celery and Greek Yogurt)
	Served with Mandarins Milk to Drink √V √F √G √D √MA	Served with Peaches Milk to Drink √V √F √G √D √MA	Served with Apricots Milk to Drink √V √F √G √D √MA	Served with Pears Water to Drink √V √F √G √D √MA	Served with Apples Water to Drink √V √F √G √D √MA
Afternoon Snack	Banana Muffins	Breadsticks and Mango	Rice Cakes and Granny Smith Apples	Melba Toast, Carrot Sticks and Greek Yogurt Dip	Graham Crackers and Various Fruits
	Milk to Drink ○V √F √G √D ○MA	Water to Drink ○V √F √G ○D ○MA	Water to Drink ○V √F √G ○D ○MA	Water to Drink √V ○F √G √D ○MA	Water to Drink ○V √F √G ○D ○MA
Late Afternoon Snack	Cheese & Melba Toast	Banana Muffins & Milk	Breadsticks & Fruit	Rice Cakes & Fruit	Arrowroots & Fruit

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