



Pladec Day Care
 349 Mack Street, Kingston, ON, K7L 1R4
 Phone: 613-545-1234
 Fax: 613-546-6152
 Email: mack@pladecdaycare.ca

Week:	1	2	3	4	
	Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning Snack	Yogurt & Fruit	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Morning Snack ¹	Cereal & Fruit	Yogurt, & Fruit	Bagels & Fruit	Cinnamon Raisin Toast	Bran Muffins
Grain Products	Cheerios		W.W Bagel	Cinnamon Raisin Bread	Flour, Oats
Vegetable or Fruit	Mandarins	Kiwi	Mango	Cantaloupe	
Milk Products	Milk	Yogurt	Milk	Milk	Milk
Meat & Alternatives					
Other *		Water	Cream Cheese		
Lunch Meal ²	Greek Pasta Salad & Pork Souvlaki	Teriyaki Stir Fry	Unstuffed Cabbage Rolls	Chicken Quesadillas	Sliders
Grain Products	Vegetable Noodles	Angel Hair Pasta	W.W. Soda Crackers	W.W. Wrap	Sesame Seed Buns
Vegetable	Tomatoes, Onion, Peppers, Cucumber	Bok Choy & Carrots	Cabbage, Tomato Sauce, Onion	Peppers and Onion	Mixed Beans
Fruit	Apricots	Pineapple	Pears	Peaches	Watermelon
Milk Products	Milk	Milk	Milk	Milk & Cheese	Milk & Cheese
Meat & Alternatives	Pork Souvlaki	Lentils	Ground Beef	Chicken	Turkey
Other *	Tzatziki			Salsa	Mustard/ Mayo
Substitutions:					
Afternoon Snack ¹	Crackers & Fruit	Hummus with Bread Sticks & Vegetables	Rice Cakes & Fruit	Trail Mix	Chocolate Avocado Pudding
Grain Products	Table Crackers	Bread Sticks	Rice Cakes	Cheerios, Shreddies, Cheese Nips and Pretzels	
Vegetable or Fruit	Banana	Tomato & Peppers	Apples	Cucumber	Avocado & Honeydew
Milk Products					Milk
Meat & Alternatives		Chickpeas	Wow Butter		
Other *	Water	Water	Water	Water	
Late Afternoon Snack	Pita & Cheese	Crackers & Fruit	Hummus & Bread Sticks	Rice Cakes & Fruit	Trail Mix & Cucumber
Total Required:	Total	Total	Total	Total	Total
Grain Products (2)	3	2	3	3	2
Vegetables & Fruit (4)	4	4	4	4	4
Milk and Alternatives (2)	2	2	2	2	3
Meat & Alternatives (1)	1	2	2	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: April 2019



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	Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning Snack	Yogurt & Fruit	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Morning Snack ¹	Cereal & Fruit	Cottage Cheese & Fruit	Waffles & Fruit	Digestive Cookies & Fruit	Apple Cinnamon Oatmeal
Grain Products	Shreddies		Waffles	Digestive Cookies	Oats
Vegetable or Fruit	Apricots	Honeydew	Pineapple	Mixed Fruit	Apples
Milk Products	Milk	Cottage Cheese	Milk		Milk
Meat & Alternatives					
Other *		Water		Water	Cinnamon
Lunch Meal ²	Tuna Melts	Honey Dijon Chicken	Hummus Wraps	Lentil Spaghetti	Pulled Pork
Grain Products	W.W. English Muffin	W.W. Cous Cous	W.W. Wraps	W.W. Spaghetti	Sesame Seed Buns
Vegetable	Onion and Mixed Beans	Broccoli	Carrot and Lettuce	Tomato Sauce, Spinach and Onion	Cauliflower
Fruit	Strawberries	Watermelon	Blueberries	Peaches	Banana
Milk Products	Milk & Cheese	Milk	Milk	Milk	Milk
Meat & Alternatives	Tuna	Chicken	Hummus	Lentils	Pulled Pork
Other *		Curry			BBQ Sauce
Substitutions:					
Afternoon Snack ¹	Celery & Wow Butter	Salsa Mole	Boiled Eggs & Bread Sticks	Black Bean Brownies	Crackers & Veggies
Grain Products	WW Pita	Rice Cakes	Bread Sticks	Flour	Triscuits
Vegetable or Fruit	Celery	Avocado	Cucumber		Carrots
Milk Products				Milk	
Meat & Alternatives	Wow Butter		Hard Boiled Eggs	Black Beans	
Other *	Water	Water & Salsa	Water		Water
Late Afternoon Snack	Crackers & Cheese	Pita & Wow Butter	Salsa Mole & Rice Cakes	Cucumber & Bread Sticks	Black Bean Brownies
Total Required:	Total	Total	Total	Total	Total
Grain Products (2)	2	2	3	3	3
Vegetables & Fruit (4)	4	4	4	4	4
Milk and Alternatives (2)	2	2	2	2	2
Meat & Alternatives (1)	2	1	2	2	1
Meets requirements?	Yes	Yes	Yes	Yes	Yes

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	Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning Snack	Yogurt & Fruit	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Morning Snack ¹	Cereal & Fruit	Yogurt, Granola, & Mango	Breakfast Burrito	Pancakes & Fruit	Carrot Muffins
Grain Products	Just Right	Cheerios and Oats	W.W. Wrap	Pancakes	Flour
Vegetable or Fruit	Peaches	Mango	Avocado	Banana	Carrot
Milk Products	Milk	Yogurt	Cheese	Milk	Milk
Meat & Alternatives			Egg		
Other *		Water	Water & Salsa		
Lunch Meal ²	Tofu Mac and Cheese	Tacos	Grilled Ham & Cheese	Chili	Chicken Salad
Grain Products	W.W. Elbow Noodles	W.W. Wraps	W.W. Bread	W.W. Quinoa & Buns	W.W. Pita Pockets
Vegetable	Cauliflower	Lettuce & Tomato	Cucumber	Peppers, Spinach, Onion & Tomato Sauce	Celery & Onion
Fruit	Apricots	Watermelon	Apples	Pineapple	Mandarins
Milk Products	Milk & Cheese	Milk & Cheese	Milk & Cheese	Milk	Milk
Meat & Alternatives	Tofu	Ground Beef	Ham	Kidney Beans	Chicken
Other *					
Substitutions:					
Afternoon Snack ¹	Crackers & Fruit	Berry Crisp	Cottage Cheese & Fruit	Trail Mix	Homemade Goldfish Crackers
Grain Products	Table Crackers	Flour & Oats		Cheerios, Shreddies, Cheese Nips and Pretzels	Flour
Vegetable or Fruit	Pears	Mixed Berries	Cantaloupe	Kiwi	Mixed Fruit
Milk Products		Milk	Cottage Cheese	Cheese	Cheese
Meat & Alternatives					
Other *	Water		Water	Water	Water
Late Afternoon Snack	Pita & Cheese	Crackers & Fruit	Berry Crisp	Cottage Cheese & Fruit	Trail Mix
Total Required:	Total	Total	Total	Total	Total
Grain Products (2)	3	3	2	4	3
Vegetables & Fruit (4)	4	4	4	4	4
Milk and Alternatives (2)	2	3	3	3	3
Meat & Alternatives (1)	1	1	2	1	1
Meets requirements?	Yes	Yes	Yes	Yes	Yes

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Early Morning Snack	Yogurt & Fruit	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
Morning Snack ¹	Cereal & Fruit	Toast & Fruit	Scrambled Eggs	Applesauce Loaf	Banana Roll Ups
Grain Products	Raisin Bran	W.W. Bread	W.W. English Muffins	Flour	W.W. Wraps
Vegetable or Fruit	Apricot	Pineapple	Tomatoes	Applesauce	Banana
Milk Products	Milk	Milk		Milk	
Meat & Alternatives					Wow Butter
Other *			Water		Water
Lunch Meal ²	Pita Pizzas	Cod Nuggets	B.L.T. Sandwich	Meatball Parmesan Bake	Cous Cous Salad
Grain Products	W.W. Pita	W.W. Rice	W.W. Bread	W.W. Spaghetti	W.W. Cous Cous
Vegetable	Tomato Sauce, Onion and Peppers	Carrots	Tomato & Lettuce	Tomato Sauce & Spinach	Peppers, Onion and Cucumber
Fruit	Apples	Mango	Kiwi	Strawberries	Pear
Milk Products	Milk & Cheese	Milk	Milk & Cheese	Milk & Cheese	Milk/ Feta
Meat & Alternatives	Chicken	Cod	Turkey Bacon	Meatballs	Chickpeas
Other *	Alfredo Sauce				Italian Dressing
Substitutions:					
Afternoon Snack ¹	Sweet Potato Hummus & Vegetables	Cheese & Crackers	Yogurt Pops	Digestive Cookies & Fruit	Quinoa Cookies & Fruit
Grain Products		Triscuits		Digestive Cookies	Quinoa & Flour
Vegetable or Fruit	Sweet Potato, Cucumber & Peppers	Blueberries	Raspberries	Grapes	Mixed Fruit
Milk Products		Cheese	Yogurt		Milk
Meat & Alternatives	Chickpeas				
Other *	Water	Water	Water	Water, Cinnamon & Cream Cheese	
Late Afternoon Snack	Fruit & Pita	Hummus & Vegetables	Cheese & Crackers	Yogurt Pops	Digestive Cookies & Fruit
Total Required:	Total	Total	Total	Total	Total
Grain Products (2)	2	3	2	3	3
Vegetables & Fruit (4)	5	4	4	4	4
Milk and Alternatives (2)	2	3	2	2	2
Meat & Alternatives (1)	2	1	2	1	2
Meets requirements?	Yes	Yes	No	Yes	Yes

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