

| Menu for Week of December 4th | MEAL | December 4th | | | | December 5th | | | | December 6th | | | | December 7th | | | | December 8th | | | |
|-------------------------------|--|--------------|---------|--------|-------|--------------|---------|--------|-------|--------------|---------|--------|-------|--------------|---------|--------|-------|--------------|---------|--------|-------|
| | | MONDAY | | | | TUESDAY | | | | WEDNESDAY | | | | THURSDAY | | | | FRIDAY | | | |
| | | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs |
| | BREAKFAST: MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD | | | | | | | | | | | | | | | | | | | | |
| | LUNCH: MILK, FLUID MEAT/MEAT ALTERNATE 1 st FRUIT/VEG 2 nd FRUIT/VEG GRAIN/BREAD OTHER | | | | | | | | | | | | | | | | | | | | |
| | PM. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE | | | | | | | | | | | | | | | | | | | | |

| Menu for Week of December 11th | MEAL | December 11th | | | | December 12th | | | | December 13th | | | | December 14th | | | | December 15th | | | |
|--------------------------------|--|---------------|---------|--------|-------|---------------|---------|--------|-------|---------------|---------|--------|-------|---------------|---------|--------|-------|---------------|---------|--------|-------|
| | | MONDAY | | | | TUESDAY | | | | WEDNESDAY | | | | THURSDAY | | | | FRIDAY | | | |
| | | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs |
| | BREAKFAST: MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD | | | | | | | | | | | | | | | | | | | | |
| | LUNCH: MILK, FLUID MEAT/MEAT ALTERNATE 1 st FRUIT/VEG 2 nd FRUIT/VEG GRAIN/BREAD OTHER | | | | | | | | | | | | | | | | | | | | |
| | PM. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE | | | | | | | | | | | | | | | | | | | | |

| Menu for Week of December 18th | MEAL | December 18th | | | | December 19th | | | | December 20th | | | | December 21st | | | | December 22nd | | | |
|--------------------------------|--|---------------|---------|--------|-------|---------------|---------|--------|-------|---------------|---------|--------|-------|---------------|---------|--------|-------|---------------|---------|--------|-------|
| | | MONDAY | | | | TUESDAY | | | | WEDNESDAY | | | | THURSDAY | | | | FRIDAY | | | |
| | | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs |
| | BREAKFAST: MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD | | | | | | | | | | | | | | | | | | | | |
| | LUNCH: MILK, FLUID MEAT/MEAT ALTERNATE 1 st FRUIT/VEG 2 nd FRUIT/VEG GRAIN/BREAD OTHER | | | | | | | | | | | | | | | | | | | | |
| | PM. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE | | | | | | | | | | | | | | | | | | | | |

| Menu for Week of December 25th | MEAL | December 25th | | | | December 26th | | | | December 27th | | | | December 28th | | | | December 29th | | | |
|--------------------------------|--|------------------------|---------|--------|-------|---------------|---------|--------|-------|---------------|---------|--------|-------|---------------|---------|--------|-------|---------------|---------|--------|-------|
| | | MONDAY | | | | TUESDAY | | | | WEDNESDAY | | | | THURSDAY | | | | FRIDAY | | | |
| | | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs | FOOD ITEM | 1-2 yrs | 3-5yrs | 6+yrs |
| | BREAKFAST: MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD | We're Closed | | | | | | | | | | | | | | | | | | | |
| | LUNCH: MILK, FLUID MEAT/MEAT ALTERNATE 1 st FRUIT/VEG 2 nd FRUIT/VEG GRAIN/BREAD OTHER | | | | | | | | | | | | | | | | | | | | |
| | PM. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE | Merry Christmas | | | | | | | | | | | | | | | | | | | |

(F)= Fresh fruit or vegetable
(W)=Whole grain
(H)=Homemade
(TBS)=Tablespoon
(C)=Cup

*Seconds will be served upon child's request.