

THE APPLETREE PRESCHOOL- AJAX

Healthy Balance Fall/Winter Menu 2018 - 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|--|---|--|--|
| WEEK 1 | AM Snack Multigrain Cheerios Cereal, Milk Entrée Diced Apricot Chicken, Brown Rice, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit PM Snack Social Tea Biscuits, Fresh Fruit | AM Snack Coconut Bites Entrée Hawai'ian Style Turkey Meatballs, Whole Grain Pasta, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Crackers, Cheddar Cheese Curds | AM Snack Organic Whole Wheat Chunky Apple Muffin Entrée Beef Stroganoff (Beef, Mushrooms, Gravy), Whole Grain Pasta, Green Beans, Fresh Fruit PM Snack Whole Wheat Mini Bagel, Nutfree Butter | AM Snack Pineapple Banana Oatmeal Bar Entrée Butternut Squash and Lentil Stew, Naan Bread, Peas and Corn, Fresh Fruit PM Snack Whole Wheat Cheddar Cheese Sandwich | AM Snack Corn Flakes, Milk Entrée Breaded Wild Caught Alaskan Pollock Sticks, Brown Rice, Broccoli, Fresh Fruit PM Snack Whole Wheat Blueberry Bran Loaf, Fresh Fruit |
| WEEK 2 | AM Snack Rice Krispies Cereal, Milk Entrée White Fish Bolognese, Whole Grain Pasta, Vegetable Medley (Cauliflower, Broccoli, Carrots), Fresh Fruit PM Snack Whole Grain Banana Oatmeal Cookie, Fresh Fruit | AM Snack Strawberry Yogurt, Arrowroot Biscuits Entrée Turkey, Kale and White Bean Soup, Whole Wheat Roll, Baby Carrots, Fresh Fruit PM Snack Whole Wheat Nutfree Butter Sandwich | AM Snack Organic Whole Wheat Carrot Muffin Entrée Salisbury Steak, Mashed Potato, Whole Wheat Bread, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit PM Snack Whole Wheat Lemon Cranberry Loaf, Fresh Fruit | AM Snack Multi Grain Cheerios Cereal, Milk Entrée Breaded Chicken Pieces (All White Meat), Brown Rice, Plum Sauce, Green Beans, Fresh Fruit PM Snack Whole Wheat Crackers, Pizza Hummus | AM Snack Whole Wheat Mini Bagel, Berry Applesauce Entrée Mixed Bean Chili, Whole Wheat Mini Pitas, Mixed Vegetables (Peas, Carrots, Beans, Corn), Fresh Fruit PM Snack Banana Roll-Up, (Nutfree Butter, Banana, Whole Wheat Wrap) |
| WEEK 3 | AM Snack Multigrain Cheerios Cereal, Milk Entrée Diced Teriyaki Chicken, Brown Rice, Sunshine Mixed Vegetables (Carrots, Green Beans), Fresh Fruit PM Snack Banana Oatmeal Bar, Fresh Fruit | AM Snack Whole Wheat Apple Cinnamon Flatbread Entrée Breaded Wild Caught Alaskan Pollock Sticks, Whole Wheat Wrap, Tartar Sauce, Green Peas, Fresh Fruit PM Snack Pita Crackers, Cheese Curds | AM Snack Organic Whole Wheat Orange Cranberry Muffin Entrée Lean Beef Burger, Whole Wheat Bun, Diced Carrots, Fresh Fruit PM Snack Whole Wheat Carrot Zucchini Loaf, Cucumber | AM Snack Cinnamon Raisin Bagel Entrée Chicken and Bowtie Pasta Soup, Artisan Bread, Garden Salad, Raspberry Vinaigrette, Fresh Fruit PM Snack Whole Wheat Nutfree Butter Sandwich | AM Snack Corn Flakes Cereal, Milk Entrée Chickpea Curry, Naan Bread, Carrots and Corn, Fresh Fruit PM Snack Whole Grain Cereal Trail Mix, Fresh Fruit |
| WEEK 4 | AM Snack Rice Krispies Cereal, Milk Entrée Butter Chicken, Brown Rice, Italian Mixed Vegetables (Peppers, Zucchini, Carrots, Beans), Fresh Fruit PM Snack Whole Wheat Apple Cinnamon Loaf, Fresh Fruit | AM Snack Coconut Bites Entrée Tomato Bean Soup, Whole Wheat Mini Pitas, Carrot Wheels, Fresh Fruit PM Snack Arrowroot Biscuits, Peach Yogurt | AM Snack Organic Whole Wheat Pumpkin Muffin Entrée Turkey Lasagna, Green Peas, Fresh Fruit PM Snack Whole Wheat Crackers, Hummus | AM Snack Whole Grain Shreddies, Milk Entrée Panko Crusted Wild Caught Pollock, Brown Rice, Garden Salad, Balsamic Dressing, Fresh Fruit PM Snack Gluten Free Whole Grain Corn Crackers, Guacamole | AM Snack Cereal Banana Roll (Granola, Banana, Apple Butter) Entrée Diced Apple Roasted Chicken, Whole Grain Pasta, Peas and Corn, Fresh Fruit PM Snack Social Tea Biscuits, Rice Pudding |

- Menu is approved by a Registered Dietitian.
- Please see the allergy guide for the substitution meals for Vegetarian, Vegan and Halal and other dietary replacements. Daily Packing Slip will indicate specific replacements by child name.
- Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times. All Lunches are Trans Fat Free (except for those that are naturally occurring).
- Fresh Fruits will vary daily depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, and peaches.

Milk and/or Water are served with lunch and snacks

Menu In Effect: October 29, 2018



Serving nutritious and delicious food kids love



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Healthy Balance - Infant/Toddler Fall/Winter Menu 2018 - 2019

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