

FAIRY GLEN'S FALL & WINTER MENU

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Cereal & Fruit Shreddies/Cheerios and orange slices Milk/Water	Vanilla Yogurt & Fruit Raspberries Milk/Water	Banana Muffins & Fruit Prepared banana bread and cantaloupe Milk/Water	English Muffins & Fruit Whole wheat English muffin, unsweetened jam, cream cheese, and clementines Milk/Water	Vanilla Greek Yogurt & Nut Free Granola Milk/Water
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Bagel & Cinnamon Apple slices Whole wheat bagel, cream cheese, and apple slices with a sprinkle of cinnamon Milk/Water	Trail Mix Cereal trail mix (Cheerios, Shreddies, pretzels, popcorn, and dried cranberries) Milk/Water	Vegetables and Dip Cucumber, peppers, and carrots. French onion yogurt dip Milk/Water	Ham & Turkey Wraps Ham and turkey slices, mayonnaise, mustard, whole wheat wraps, shredded cheddar cheese, and lettuce Milk/Water	Mini Rice Cakes & Fruit Mini rice cakes with honeydew melon Milk/Water

Fruit & Water is available to children at anytime.

*Serving sizes reflect the requirements of the Child Care and Early Years Act and the recommendations of the Canada Food Guide. As we encourage children to serve themselves and they do not always have a taste for or consume the portion in its entirety, these serving sizes are approximations of what your child will be offered at snack and meal times.

*Ingredients are highlighted according to the following legend: **Fruits and Vegetables**, **Grains**, **Milk and Alternatives**, and **Meat and Alternatives**. Ingredients are only highlighted if they make a significant contribution towards your child's recommended daily intake of the corresponding food group.

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WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Cereal & Fruit Shreddies/Cheerios and apple slices	Strawberry Yogurt Nut Free Granola	Oatmeal & Fruit Assorted oatmeal with blueberries	Whole wheat Bagels & Fruit Whole wheat bagels with cream cheese and kiwi slices	Raisin Bread & Fruit Raisin bread with butter and orange slices
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Mini Croissants & Fruit Mini croissants with unsweetened strawberry jam Grapes	Vegetables and Dip Cucumber, peppers, and carrots. Vegetable sour cream dip	Tuna and Whole Wheat Crackers Whole wheat crackers with tuna salad and cucumber slices	Pita Wedges Whole wheat pita with cheese, salsa, and peaches	Pizza Bites Whole wheat pitas with pizza sauce, cheese, peppers, and turkey pepperoni.
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water

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FAIRY GLEN'S FALL & WINTER MENU

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Fruit and Yogurt Diced peaches and vanilla yogurt	Mini Croissants & Fruit Cream cheese , unsweetened strawberry jam, and strawberries	English Muffin & Cheese Whole wheat English muffin with butter and cheese cubes	Granola Bar & Fruit Prepared granola bars with orange slices	Peach Yogurt & Graham Crackers
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Tuna and Mini Pitas Whole wheat pita with tuna salad	Cheese, Crackers, & Fruit Grapes , cheese cubes, and stone wheat crackers	Popcorn and Applesauce Unsweetened applesauce and high fibre air popped popcorn .	Banana Krispies Bananas with Rice Krispies cereal.	Crackers, Vegetables, & Cheese Carrots , celery , grape tomatoes , crackers, and marbled cheese
Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water

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FAIRY GLEN'S FALL & WINTER MENU

WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Cereal & Fruit Shreddies/Cheerios and melon slices Milk/Water	Banana Krispies Banana with Rice Krispies Milk/Water	Whole wheat Bagels & Fruit Whole wheat bagel with cream cheese, Kiwi Milk/Water	Yogurt & Fruit Strawberry yogurt with clementines Milk/Water	Animal Crackers & Unsweetened Apple Sauce Apple Sauce Milk/Water
Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
Pumpnickel Bread & Spinach Dip Pumpnickel bread with sour cream spinach dip Milk/Water	Pizza Bites Whole wheat pitas with pizza sauce, cheese, peppers, and turkey pepperoni. Milk/Water	Hummus, Vegetables, and Pita Triangles Hummus served with carrots, peppers, cucumbers, and whole wheat pita. Milk/Water	Vegetables and Dip Sliced cucumber, carrots, and broccoli with ranch dressing dip Milk/Water	Fresh Fruit and Trail Mix Blueberries and strawberries served with trail mix (whole grain cereal, popcorn, raisins, and sunflower seeds). Milk/Water

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