




Meal Plan

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 	<ul style="list-style-type: none"> ▪ Honey Cheerios ▪ Cornflakes ▪ Raisins ▪ Fresh Seasonal Fruit ▪ Milk/Water 	<ul style="list-style-type: none"> ▪ Whole Wheat Buttery Toast ▪ Fun Pears ▪ Milk/Water 	<ul style="list-style-type: none"> ▪ Plain Yogurt ▪ Raisins ▪ Granola ▪ Outstanding Bananas ▪ Water 	<ul style="list-style-type: none"> ▪ Toasted Raisin Bagels with Butter ▪ Watermelon/ Seasonal Fruits ▪ Milk/Water 	<ul style="list-style-type: none"> ▪ Whole-Wheat Pan Cakes ▪ Maple Syrup ▪ Fresh Banana ▪ Milk/Water
Lunch 	<ul style="list-style-type: none"> ▪ Chicken/ Red Lentil Soup ▪ Steamed Rice ▪ Sliced Mixed Peppers ▪ Milk/Water 	<ul style="list-style-type: none"> ▪ Whole Grain Pasta with tomato sauce ▪ Chicken Slices ▪ Chopped garden Salad. ▪ Milk/Water 	<ul style="list-style-type: none"> ▪ Make Your Own Whole Wheat Sub ▪ Cucumber Slices ▪ Shredded Cheese ▪ Lettuce/Tomato ▪ Sliced Chicken ▪ Milk/Water 	<ul style="list-style-type: none"> ▪ Steamed Veggies ▪ Chana Masala with Chickpeas ▪ Fried Rice ▪ Seasonal Fruit ▪ Milk/Water 	<ul style="list-style-type: none"> ▪ Mac and Cheese ▪ Marvelous Chicken ▪ Tricolour Steamed Veggies ▪ Milk /Water
PM Snacks 	<ul style="list-style-type: none"> ▪ Blueberry Waffles ▪ Maple Syrup ▪ Fresh Seasonal Fruit ▪ Water 	<ul style="list-style-type: none"> ▪ Apple Sauce ▪ Whole Wheat Crackers ▪ Cucumber coins ▪ Water 	<ul style="list-style-type: none"> ▪ Maria Biscuits ▪ Cantaloupe ▪ Carrot Sticks ▪ Water 	<ul style="list-style-type: none"> ▪ Oatmeal cookies ▪ Sweet Oranges ▪ Water 	<ul style="list-style-type: none"> ▪ Carrots ▪ Celery/Seasonal salad ▪ Fresh dip and cookies ▪ Water

- Little Scholars provides specific food needs like Gluten Free, Halal, Vegan, Vegetarian, Lactose Free, etc. based on restrictions of the child and substitute items in above meal plan*
- Little Scholars Menu follows Canada Food Guide. We serve lean quality meat with little or no Tran's fats and a minimum amount of added sugar and salt. Little Scholars does not use any products that contain Peanut/Peanut oil/ nut/ nut's products. All products are baked, steamed never fried. Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. Center may substitute food items, as necessary.*

Meal Plan

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 	<ul style="list-style-type: none"> ▪ Hot Oatmeal Cereal ▪ Cinnamon Powder ▪ Brown Sugar (Optional) ▪ Dancing Raisins ▪ Milk/Water ▪ Finely Sliced Apples 	<ul style="list-style-type: none"> ▪ Wedge of Cantaloupe ▪ Cereals ▪ Cheerios ▪ Cornflakes ▪ Milk/Water 	<ul style="list-style-type: none"> ▪ Buttery Whole Wheat Toast ▪ Sprinkled Cinnamon ▪ Fresh Bananas ▪ Milk/Water 	<ul style="list-style-type: none"> ▪ Plain Yogurt ▪ Raisins ▪ Granola ▪ Outstanding Bananas ▪ Water 	<ul style="list-style-type: none"> ▪ Whole-Wheat Pan Cakes ▪ Maple Syrup ▪ Fresh Seasonal Fruit ▪ Milk/Water
Lunch 	<ul style="list-style-type: none"> ▪ Terrific Spaghetti ▪ Meat Balls ▪ Steamed Mix Veggies ▪ Milk/Water 	<ul style="list-style-type: none"> ▪ Grilled Cheese/Chicken Sandwich ▪ Steamed Veggies ▪ Lentil Veggie Soup ▪ Milk/Water 	<ul style="list-style-type: none"> • Chicken /Kidney Beans • Gravy • Steamed Veggie Rice • Milk/Water 	<ul style="list-style-type: none"> ▪ Pita Bread ▪ Sliced Chicken ▪ Humus ▪ Baby Carrots/Cucumber ▪ Milk /Water 	<ul style="list-style-type: none"> ▪ Fusilli Pasta with Sauce ▪ Sliced Chicken ▪ Steamed Mixed veggies ▪ Milk/Water
PM Snacks 	<ul style="list-style-type: none"> ▪ Garlic Whole Wheat Bread ▪ Fresh Seasonal Fruit ▪ Water 	<ul style="list-style-type: none"> ▪ Oatmeal Cookies ▪ Awesome Apples ▪ Water 	<ul style="list-style-type: none"> ▪ Fresh Seasonal Fruit ▪ Rice Cakes ▪ Water 	<ul style="list-style-type: none"> ▪ Sweet pears Fresh Fruit ▪ Sliced Carrots ▪ Water 	<ul style="list-style-type: none"> ▪ Whole Wheat Crackers ▪ Apple Sauce ▪ Water

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