

WHITE HALL DAYCARE (NORTHEND) LTD.

MENU WEEK 1

DAYS	BREAKFAST	LUNCH	SNACK
MONDAY	Cereal, Fruit and Milk/Water	Tomato soup with bologna sandwich Fruit and Milk/Water	Chocolate chip cookies, Milk/Water
TUESDAY	Waffles with syrup & Fruit and Milk/Water	Baked pasta with sauce, Veggies, Milk/Water	Fresh fruits, pretzel, Milk/Water
WEDNESDAY	Raisin bread with butter, Milk/Water	Chicken nuggets & fries, Fruit and Milk/Water	Rice cake with jam, Milk/Water
THURSDAY	Oatmeal, Fruit and Milk/Water	Hotdog with buns, Fruit and Milk/Water	Trail mix and Fruit and Milk/Water
FRIDAY	Bread toast with jam, Fruit and Milk/Water	Sub buns bologna/veggies, Milk/Water	Muffins and Fruit and Milk/Water

MENU WEEK 2

DAYS	BREAKFAST	LUNCH	SNACK
MONDAY	Cereal, Fruit and Milk/Water	Sloppy Joes with buns, Fruit and Milk/Water	Graham Crackers, Fruit and Milk/Water
TUESDAY	Scrambled eggs and toast, Fruit and Milk/Water	Nachos,chees with veggies, Milk/Water	Fresh fruits, Pretzels With, Milk/Water
WEDNESDAY	Waffles & Fruit and Milk/Water	Pizza buns,bologna with veggies / Fruit and Milk/Water	Cookies and Fruit and Milk/Water
THURSDAY	Toast hash brown, Fruit and Milk/Water	Tortilla, Veggies, Milk/Water	Rice cake with jam, Milk/Water
FRIDAY	English muffins with jam Fruit/Milk/Water	Macaroni with meat sauce, Milk/Water	Cheese and crackers, Milk/Water

MENU WEEK 3

DAYS	BREAKFAST	LUNCH	SNACK
MONDAY	Cereal, Fruit and Milk/Water	Chicken & Veggie rice and Fruit/Milk/Water	Ice cream & cookies, fresh Fruit and Milk/Water
TUESDAY	Toast with jam & Fruit and Milk/Water	Chicken burgers & veggies, Milk/Water	Graham crackers, Banana, Milk/Water
WEDNESDAY	Cinnamon Toast, Fruit and Milk/Water	Fish and Chips, Fruit and Milk/Water	Trail mix, Fruit and Milk/Water
Thursday	Muffins Cinnamon Toast and Fruit and Milk/Water	Hot dogs with buns, Milk/Water	Jam and Crackers with Milk/Water
FRIDAY	Pancacks with syrup and Fruit/Milk/Water	Perogies with sour cream, veggies, Milk/Water	Canned Fruit and Milk/Water

MENU WEEK 4

DAYS	BREAKFAST	LUNCH	SNACK
MONDAY	Yogurt, toast, Milk/Water	Sloppy Joe, Veggies, Milk/Water	Ice cream, cookies, Milk/Water
TUESDAY	English muffins with jam & Fruit and Milk/Water	Hot dog with buns, Fruit and Milk/Water	Fresh fruits, pretzels With Milk/Water
WEDNESDAY	Waffles with syrup, Milk/Water	Tortilla, Cucumber, Lettuce Tomato Meat, Milk/Water	Vanilla and chocolate cookies, Milk/Water
THURSDAY	Toast ,cinnamon spread, Fruit and Milk/Water	Pizza buns with meat, Fruit and Milk/Water	Muffins, Fruit and Milk/Water
FRIDAY	Raisin bread with butter, Fruit/ Milk/Water	Spaghetti with meat and veggies, Milk/Water	Graham crackers, Banana, Milk/Water