**Menu Template – Week: Centre: Preschool Canada**

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| --- | --- | --- | --- | --- | --- | --- |
| **Menu** | **Monday** | **Tuesday** | | **Wednesday** | **Thursday** | **Friday** |
| **Snack (Must include choices from at least two food groups and one choice must be a fruit or vegetable)** | | | | | | |
| Vegetables and Fruit | **EXAMPLE**  ¼ c apple slices |  | |  |  |  |
| Grain Products | ¼ whole wheat bagel |  | |  |  |  |
| Milk & Alt | ½ c milk |  | |  |  |  |
| Meat & Alt |  |  | |  |  |  |
| Other | Cream Cheese |  | |  |  |  |
| **Lunch (Must include choices from all food groups)** | | | | | | |
| Vegetables and Fruit  (2 choices) | Tomatoes, Onions, peppers, mushrooms (in casserole) |  | |  |  |  |
| Watermelons slices (1/2 cup) |  | |  |  |  |
| Grain Products | ¼ egg noodles |  | |  |  |  |
| Milk & Alt | ½ c milk |  | |  |  |  |
| Meat and Alternatives | Ground Beef casserole  35g lean ground beef |  | |  |  |  |
| Other |  |  | |  |  |  |
| **Snack (must include choices from at least two food groups and one choice must be a fruit or vegetable)** | | | | | | |
| Vegetables and Fruit | ¼ c red peppers slices | |  |  |  |  |
| Grain Products | 15g whole grain crackers | |  |  |  |  |
| Milk &  Alt |  | |  |  |  |  |
| Meat and Alternatives | 2 tbs hummus | |  |  |  |  |
| Other |  | |  |  |  |  |
| **Total Choices Required (minimum)** | | | | | | |
| Veg/Fruits (4) | 4 | |  |  |  |  |
| Grains (2) | 3 | |  |  |  |  |
| Milk & Alt (2) | 2 | |  |  |  |  |
| Meat & Alt (1) | 1.5 | |  |  |  |  |