

MENU



CEDARBRAE CHILDCARE
A Daycare With Distinction
 Operated by Calgary Childcare LTD

REVISED SEPTEMBER 2019

WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	100% Whole wheat bread toast Milk	Bagel w/cream cheese Milk	Cereal Milk	Muffin Milk	100% Whole wheat bread toast Milk
LUNCH	Asian style noodle (chicken, vegetable in soy sauce) Milk	Chicken rice soup w/vegetables Bread w/butter Milk	Macaroni Pasta (w/Beef, tomato sauce, vegetables) Milk	Homemade chicken noodle soup Bread w/butter Milk	Hot dogs (bun, chicken wiener) Celery stick Milk
AFTERNOON SNACK	Cheese (marble or cheddar) w/crackers	Chocolate Muffin Juice	Fresh cut vegetables w/ranch dressing Crackers	Mixed berry cereal bar Apple slices	Fresh fruit Crackers

* NOTE : • Juice served is apple, orange or mixed berries.

- Bread / Toast is / whole-wheat with margarine / raspberry or strawberry jam, cinnamon.
- Children remaining at 5:00 pm are served a light snack of crackers.
- On days when the menu is not suitable, infants will have soup and bread. Type will be posted.
- Breakfast muffin - Bran, Banana, Carrot or Chocolate
- Cereals - Corn flakes, Rice Krispy, Cheerios
- Vegetable - Cauliflower, Cucumber, Carrot, Celery
- Crackers - Multigrain, Soda, Graham, Animal, Vege

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WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	100% Whole wheat bread toast Milk	Bagel w/cream cheese Milk	Cereal Milk	Muffin Milk	100% Whole wheat bread toast Milk
LUNCH	Chicken nugget w/vegetable Rice Milk	Spaghetti (beef, tomato w/vegetable) Milk	Asian style noodle (chicken, vegetable in soy sauce) Milk	Homemade Chicken noodle soup w/corn muffin Milk	Tuna melt (buns, tuna, mayo, cheese) Carrot stick Milk
AFTERNOON SNACK	Vegetables w/Ranch dressing & crackers	Banana Muffin Juice	Fresh fruits w/Crackers	Multigrain tortillas w/salsa	Yogurt w/mountain mix

* NOTE : • Juice served is apple, orange or mixed berries.

- Bread / Toast is white / whole-wheat with margarine / raspberry or strawberry jam, cinnamon.
- Children remaining at 5:00 pm are served a light snack of crackers.
- On days when the menu is not suitable, infants will have soup and bread. Type will be posted.
- Breakfast muffin - Bran, Banana, Carrot or Chocolate
- Cereals - Corn flakes, Rice Krispy, Cheerios
- Vegetable - Cauliflower, Cucumber, Carrot, Celery
- Crackers - Multigrain, Soda, Graham, Animal, Vege

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WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	100% Whole wheat bread toast Milk	Bagel w/cream cheese Milk	Cereal Milk	Muffin Milk	100% Whole wheat bread toast Milk
LUNCH	Macaroni & Cheese/Wieners Vegetable Milk	Shepherd's pie (beef, potato, vegetables) Bread w/butter Milk	Grilled cheese w/chicken bologna Carrot stick Milk	Chicken Barley soup w/vegetables Soda crackers Milk	Pizza buns (Tomato sauce, salami, cheese) Apple slices Milk
AFTERNOON SNACK	Fruit salad w/crackers	Vegetables w/Ranch dressing Crackers	Apple sauce Crackers	Fresh fruit Crackers	Oatmeal cookies Juice

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- Cereals - Corn flakes, Rice Krispy, Cheerios
- Vegetable - Cauliflower, Cucumber, Carrot, Celery
- Crackers - Multigrain, Soda, Graham, Animal, Vege