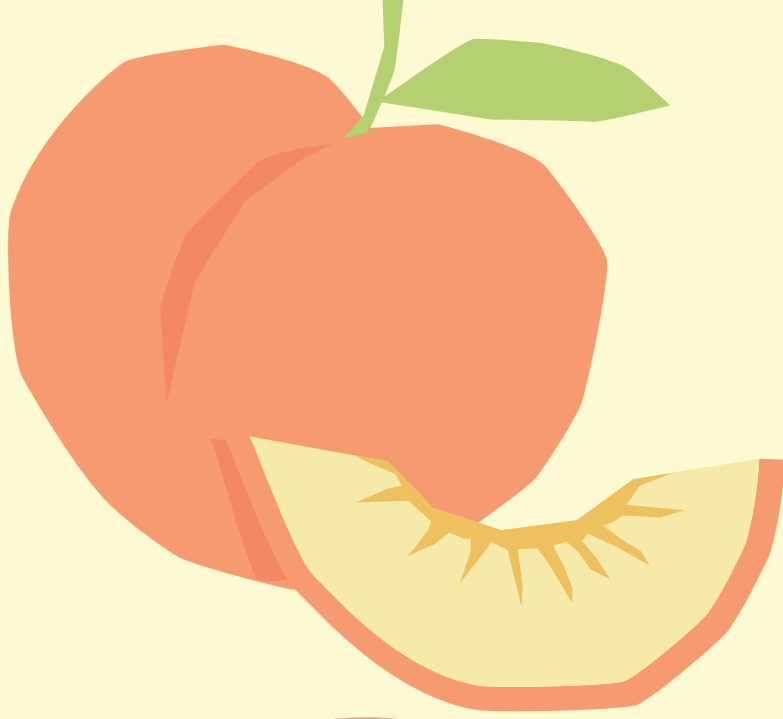




SCHOOL FRUIT
AND VEGETABLE
NUTRITIONAL
PROGRAM



Education, CF&S is pleased to announce that we are bringing local produce to our daycare meal program through funding provided by:

BC Agriculture in the Classroom Foundation
www.bcaitc.ca



Meal Planner

Week 1



Breakfast	Lunch	Snack
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M	Oatmeal, milk, or almond milk, berries, water	Spaghetti with sauce, fresh veggies, water	1/2 banana, apple sauce, water
T	Hard boiled egg, toast, orange, water	Chicken soup, veggies, water	Fruit slices, yogurt, water
W	Cereal, milk or almond milk, fruit slices, water	Pork and rice, veggies, water	Cheese Slices, apples, water
T	pancake/waffle, maple syrup, berries, water	Beef sloppy joes, veggies, water	Yogurt, melon, water



Meal Planner

Week 2

Breakfast	Lunch	Snack
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M	Yogurt, sliced fruit, water	Grilled ham and cheese sandwich, cucumber, celery, water	Sliced melon, cookie, water
T	Cereal, milk or almond milk, fruit, water	Rice and cooked veggies, fresh veggies, water	cheese and crackers, water
W	Scrambled eggs, sliced fruit, berries, water	Lasagna, cooked veggies, fresh veggies, water	muffin, apple slices, water
T	Pancake/Waffle, maple syrup, apple sauce or fruit, water	Chicken and potatoes, cooked veggies, fresh veggies, water	Yogurt, crackers, sliced fruit, water



Meal Planner

Week 3

Breakfast	Lunch	Snack
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M	Yogurt with granola, sliced fruit, water	beef meatballs, rice, veggies, water	muffin, sliced melon, crackers, water
T	Apple cinnamon oatmeal, milk or almond milk, sliced fruit, water	lasagna, veggies, water	grapes, apple slices, cheese, water
W	scrambled eggs, cheese, sliced fruit, water	fish and rice, veggies, water	yogurt, cookies, water
T	cereal with milk or almond milk, sliced fruit, water	Chicken, potatoes, veggies, water	cheese and crackers, sliced fruit, water



Meal Planner

Week 4

Breakfast	Lunch	Snack
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M	Pancake with maple syrup, sliced fruit, water	Chicken fingers, rice, cooked carrots, fresh veggies, water	Muffins, apple sauce, water
T	Scrambled eggs, cheese, bacon, melon, water	Fish and Beef Tacos with lettuce, cheese and peppers, water	yogurt, fruit, crackers, water
W	Apple Cinnamon oatmeal, milk or almond milk, sliced fruit, water	Spaghetti with sauce, veggies, water	Melon slices, homemade cookies, water
T	Cereal with milk or almond milk	ribs, rice, cooked veggies, water	Cheese and crackers, water



Meal Planner

Week 5

Breakfast	Lunch	Snack
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M	Cereal, milk or almond milk, sliced fruit, water	Chicken, potatoes, cooked veggies, fresh veggies, water	Yogurt, melon, water
T	Oatmeal, milk or almond milk, berries, water	Vegetable beef soup, veggies, water	Apple sauce, cookies, water
W	Pancakes/Waffles, maple syrup, berries, water	Fish and rice, cooked veggies, fresh veggies, water	Cheese and crackers, water
T	Scrambled eggs, cheese, fruit, water	Spaghetti with sauce, fresh veggies, water	Apple slices, yogurt, water