Milestones
Children's Centre

Fall/Winter Menu 2026-2027

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 AM snack	Whole Grain Crackers & Fresh Fruit with Milk	Cereal & Fresh Fruit with Milk	Toast, Margarine & Fresh Fruit with Milk	Plain Cheerios & Fresh Fruit with Milk	Whole Grain Crackers & Fresh Fruit with Milk
LUNCH	Chicken and Cheese Tortellini Soup, Whole Wheat Pita, Vegetable Tray & Fresh Fruit with Milk	Pasta and Bean Bake, Mixed Greens Salad & Fresh Fruit with Milk	Lemon Tilapia, Boiled Potatoes, Cooked Carrots, Melba Toast & Fresh Fruit with Milk	Tuscan Chicken Soup, Whole Wheat Saltine Crackers, Vegetable Tray & Fresh Fruit with Milk	Broccoli and Cheese Egg Bake, Toast, Cooked Peas & Fresh Fruit with Milk
PM snack	Fresh Fruit, Whole Wheat Bread & Margarine with Water	Bagels, Cream Cheese, Tomatoes & Cucumbers with Water	Pita, Spinach Dip & Vegetable Tray with Water	Fresh Fruit, Whole Wheat Cracker & Cheese with Water	Whole Wheat Melba Toast, Herbed Tofu Dip & Vegetable Tray with Water
Week 2 AM snack	Whole Grain Crackers & Fresh Fruit with Milk	Cereal & Fresh Fruit with Milk	English Muffins, Hardboiled Eggs & Fresh Fruit with Milk	Whole Grain Crackers, Sunflower Butter & Fresh Fruit with Milk	Yogurt, Peaches, Mangos & All-Bran Buds with Milk
LUNCH	Lentil Soup, Dinner Rolls, Vegetable Tray & Fresh Fruit with Milk	Baked Sole, Spanish Rice, Cooked Green Beans & Fresh Fruit with Milk	Three Sisters Stew, Baked Bannock & Fresh Fruit with Milk	Cauliflower Beef Ziti, Whole Wheat Bread, Margarine & Fresh Fruit with Milk	Scrambled Eggs, Vegetable Pancakes, Cooked Green Beans & Fresh Fruit with Milk
PM snack	Naan Bread & Fresh Fruit with Water	Fresh Fruit, Pumpkin Pie Hummus & Melba Toast with Water	Vegetable Tray, Whole Wheat Crackers with Water	Whole Wheat Crackers & Vegetable Tray with Water	Whole Wheat Wraps, Fresh Fruit & Yogurt Drizzle with Water
Week 3 AM snack	Whole Grain Crackers & Fresh Fruit with Milk	Cereal & Fresh Fruit with Milk	Trail Mix & Fresh Fruit with Milk	Apple Cinnamon Pita & Fresh Fruit with Milk	Whole Grain Crackers & Fresh Fruit with Milk
LUNCH	Seasoned Pollock, Basmati Rice, Cooked Peas & Fresh Fruit with Milk	Tofu Vegetable Soup, Whole Wheat Saltine Crackers, Vegetable Tray & Fresh Fruit with Milk	Spaghetti with Turkey Tomato Sauce, Caesar Salad & Fresh Fruit with Milk	Bean Chili, Shredded Cheese, Greek Yogurt Topping, Toast & Fresh Fruit with Milk	Toasted Chicken Breast Sandwich (cheese, lettuce, mayo, mustard), Cranberry Waldorf Salad & Fresh Fruit with Milk
PM snack	Banana Cottage Cheese Dip, Melba Toast & Fresh Fruit with Water	Whole Grain Crackers, Cheese & Fresh Fruit with Water	Pumpkin Muffins & Fresh Fruit with Water	Sunflower Butter, Fruit Spread Wraps & Vegetable Tray with Water	Dinner Rolls & Vegetable Tray with Water
Week 4 AM snack	Whole Wheat Melba Toast & Applesauce with Milk	Oatmeal, Thawed Frozen Apples & Cinnamon with Milk	Cereal & Fresh Fruit with Milk	Mixed Berries, Cottage Cheese & Granola with Milk	Bagels with Cheese & Fresh Fruit with Milk
LUNCH	Pea Soup, Tuna Wraps & Fresh Fruit with Milk	Unstuffed Beef Cabbage Roll Casserole, Brown Rice, Cooked Green Beans, & Fresh Fruit with Milk	Vegetable Barley Soup with Lentils, Whole Wheat Buns, Vegetable Tray & Fresh Fruit with Milk	Bean Tacos (wrap, cheese, lettuce, refried beans), Greek Yogurt Dip, Roasted Brussel Sprouts & Fresh Fruit with Milk	Greek Chicken Rice Bowl, Vegetable and Tzatziki Toppings & Fresh Fruit with Milk
PM snack	Fresh Fruit & Whole Grain Crackers with Water	Whole Wheat Wraps, Chicken Cubes & Vegetable Tray with Water	Fresh Fruit, Whole Wheat Crackers & Sunflower Butter with Water	Whole Wheat Bread, Fruit Spread & Fresh Fruit with Water	Cornbread, Margarine & Vegetable Tray with Water

*Preschool milk is 2%, Infant and Toddler milk is homogenized. Honey will be replaced with maple syrup for Infants. Infants receive cooked vegetables daily. *