Curious Kids Learning Center -Menu

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole wheat or Whole grain Cereal, Toast or Oatmeal	Whole wheat French Toast, Baked Apples with or without cinnamon Water, Milk	Whole Wheat or Whole Grain Cereal or Toast, Cottage Cheese Water or Milk	Rice Krisples Milk Fresh Fruit Water	Granola Yogurt Banana Water or Milk
Lunch	Pasta and Alfredo Sauce Mixed Vegetables Water or Milk Fresh Fruit	Sweet Potatoes (diced or mashed) Boiled Ham or Chicken Corn and Peas Water Fresh Fruit	Meat Loaf or Vegetable loaf Green Beans Water Fresh Fruit	Pizza on Whole-Wheat English Muffins Water Fresh Fruit	Chicken Brown Rice Broccoli Water Mix Vegetable Water Fresh Fruit
PM Snack	Blueberries Yoghurt Water, Milk	Homemade Muffins Yoghurt Water or Milk	Whole Wheat Bagel Cream Cheese Canned oranges in pear or grape juice Water or Milk	Cheddar Cheese, Apple slices, Crackers Water or Milk	Cherry Tomatoes Cucumber Sticks Whole Wheat Toast Water or Milk

No artificial colours, flavours or sweetners added
Peanut & tree nuts free
Whole grains throught the menu
Focus on fresh vegetable and fresh fruits
Subject to change

Curious Kids Learning Center -Menu

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Bananas Whole Grain Cheerios Water or Milk	Whole Wheat or Whole Grain Cereal, Toast or Oatmeal	Grapes Granola Yogurt Water or Milk	Whole Wheat or Whole Grain French Toast Sliced Apple sticks	Whole Wheat or Whole Grain Cereal, Toast or Oatmeal
Lunch	White Bean Chicken Stew Water Carrots Water, Milk Fresh Fruit	Scrambled eggs Whole Wheat Toast Baked Beans & Broccoli, Water, Milk Fresh Fruit	Brown rice, Chicken, Mixed Vegetable Water Whole Water Fresh Fruit	Whole Wheat Macaroni Noodles Boiled Ham or Chicken Mixed Veg Water Fresh Fruit	Wheat Quesadillas Orange Slices Water Fresh Fruit
PM Snack	Oranges Raisins Water, Milk	Mixed Fruit Smoothies Water	Bananas Crackers Water or Milk	Cheese or Cream Cheese Whole Wheat Bagel Water or Milk	Crackers Apple slices Water or Milk

No artificial colours, flavours or sweetners added
Peanut & tree nuts free
Whole grains throught the menu
Focus on fresh vegetable and fresh fruits
Subject to change

Curious Kids Learning Center -Menu

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Wheat or Whole Grain Cereal, Toast or Oatmeal	Blueberries Whole Wheat Homemade Oven Pancakes Water or Milk	Banana Yoghurt Water or Milk	Cantaloupe Whole Wheat Toast or Cereal Water or Milk	Whole Wheat or Whole Grain Cereal, Toast or Oatmeal
Lunch	Mixed Veg Chicken Coucous Water Fresh Fruit	Shepherd's Pie Water Fresh Fruit	Whole Wheat Grilled Cheese Sandwich, Mixed Vegetables Water Fresh Fruit	Whole Wheat Pasta (spaghetti) Pasta sauce Mixed Veggies Water Fresh Fruit	Chicken Fillets Mashed Potatoes Corn and Peas Water Fresh Fruit
PM Snack	Homemade Bran Mufins Water or Milk Grapes	Whole wheat Crackers Carrots Cucumber Water or milk	Unsweetened Apple Sauce Cottage Cheese Water, Milk	Whole Wheat Bagel Grapes Water, Milk	Cucumber Apple Oranges Crackers Water, Milk

No artificial colours, flavours or sweetners added
Peanut & tree nuts free
Whole grains through the menu
Focus on fresh vegetable and fresh fruits
Subject to change

Curious Kids Learning Center -Menu

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Toast Oranges Yoghurt Water or Milk	Apple Whole Wheat Cereal or Rice Cakes Water or Milk	Toast, Canned Pineapple and Peaches in pear or grape juice Water or Milk	Whole wheat or Whole grain Cereal, Toast or Oatmeal	Whole wheat or Whole grain French Toast Banana Water or Milk
Lunch	Chicken Chili or Veg Chili and Brown Rice Cucumber sticks Water	Whole Wheat Kraft Diner Chicken Mix vegetable	Grilled cheese sandwitch Cucumber, Chicken, Rice Water Fresh Fruit	Scrambles Eggs Whole Wheat Toast Baked Beans Water	Homemade Pizza Mixed Veg Water Fresh Fruit
PM Snack	Apples Cheese Raisings Water, Milk	Homemade Bran Muffins Water, Milk	Oranges Crackers and Cheese Water, Milk	Raisins Arrowroot cookies or crackers Water, Milk	Crackers Cheese Cucumber Fresh Fruit

No artificial colours, flavours or sweetners added
Peanut & tree nuts free
Whole grains throught the menu
Focus on fresh vegetable and fresh fruits
Subject to change