

Week 1

Morning Snack	oatmeal biscuit	1	fruit crisp	1	banana bread	1 slice	oatmeal	1/2 cup	rice cake	1
	pineapple	1/2 cup	2% Milk	1/2 cup	berries	1/2 cup	(or Cheerios or Shreddies)		wow butter	
							milk	1/2 cup		

Lunch	black bean quesadilla	1/2	salmon potato cakes	2	tomato bean soup	3/4 cup	ww pita pizza	1/2	buttered rice	3/4 cup
	(with vegetables)		(chicken croq alternate)		ww bread	1	chicken (or beans)		baked beans	1/4 cup
	oranges	1/2	sour cream		cheddar cheese sticks	25g	peppers		sweet potatoes	1/4 cup
	sour cream		broccoli	1/4 cup	apple slices	1/2	melon chunks	1/2 cup	peaches	1/2
	2% milk	1/2 cup	pears	1/2	2% milk	1/2 cup	2% milk	1/2 cup	2% milk	1/2 cup
			2% milk	1/2 cup						

Afternoon Snack	vanilla yogurt	1/2 cup	ww pita triangles	1/4	cucumber slices		ww french toast	1/2	cheese bread	1 slice
	banana	1/2	cooked carrots	1/2 cup	cream cheese		maple syrup		cherry tomatoes	
			hummus		ww bagel	1/2	mango		cucumber slices	1/2 cup

Daily Minimum Requirements	Fruit and Vegetables	3.5		3		3		3		3
	Grains	3		3		3		2		3
	Milk and Alternatives	3		2		2		2.5		1
	Meat and Alternatives	0.5		1.5		0.5		1		1

Week 2

Morning Snack	vanilla yogurt	1/2 cup	blueberry muffin	1	pumpkin loaf	1	melon	1/2 cup	lemon bread	1 slice
	strawberries	1/2	2% milk	1/2 cup	2% milk	1/2 cup	oatmeal	1/2 cup	2% milk	1/2 cup
								(or Cheerios or Shreddies)		
							milk	1/2 cup		

Lunch	scrambled egg ww wrap	1/2	pasta bolognese	1 cup	veg soup with noodles	3/4 cup	mac and cheese	1/2 cup	chicken(or tofu) balls	
	roasted sweet potatoes	1/2 cup	meat (or bean) sauce				baked beans	1/2 cup	pasta&cream sauce	3/4 cup
	apple slices	1/2 cup	cheese sticks	25g	cheese sticks	1/4 cup	green pepper	1/4 cup	cooked carrots	1/2 cup
			yellow pepper sticks	1/4 cup	cantaloupe	1/2	bananas	1/2	blueberries	1/2 cup
	2% milk	1/2 cup	mango	1/2 cup	2% milk	1/2 cup	2% milk	1/2 cup	2% milk	1/2 cup
			2% milk	1/2 cup						

Afternoon Snack	frozen peas	1/2 cup	ww pancakes	1/2	oatmeal cookie	1	hummus		hard cooked egg	1
	cheese cubes	25g	maple syrup		orange slices	1/2	carrots	1/2 cup	cheese sticks	25g
	ww pita triangles	1/4	apple slices	1/2 cup	milk		ww crackers			

Daily Minimum Requirements	Fruit and Vegetables	4		3		2		3		4
	Grains	2		3		2		2		3
	Milk and Alternatives	2		2		3		2		2.5
	Meat and Alternatives	1		1		0.5		1		0.5

Week 3

Morning Snack	rice cake	1	fruit salad	1 slice	ww bagel, cream cheese	1/2	ww crackers		zucchini bread	1 slice
	wow butter		2% milk	1/2 cup	2% milk	1/2 cup	grapes	1/2 cup	mixed berries	

Lunch	grilled cheese sandwich	3/4	chicken croquettes	2	chicken noodle soup	3/4 cup	meat (or alt) loaf	1/4 cup	chicken,	1 cup
	(ww bread)		(salmon cake alternate)	1/2	ww bread and butter	1/2	mashed potato	1/4 cup	rice & vegetables	
	cherry tomato & cucumber	1/2 cup	cauliflower	1/2	orange slices	1/2	carrots	1/4 cup	sliced oranges	1/2
	honeydew melon	1/2 cup	pineapple	1/2 cup			banana	1/2		
	2% milk	1/2 cup	2% milk	1/2 cup	2% milk	1/2 cup	2% milk	1/2	2% milk	1/2

Afternoon Snack	apple sauce	1/2 cup	carrot muffin	1	cucumber	1/2 cup	oatmeal	1/2 cup	oatmeal cookie	1
	oatmeal biscuit	1			cheddar cheese cubes	25g	(or Cheerios or Shreddies)		milk	1/2 cup
			2% milk	1/2 cup	ww pita triangles	1/4	milk	1/2 cup		

Daily Minimum Requirements	Fruit and Vegetables	4		3		4		3		4
	Grains	3		3		3		3		3
	Milk and Alternatives	2		2		2		1.5		2
	Meat and Alternatives	0.5		1		1		1		1