

Bridges Kinder Connection – Summer Menu

We serve a mixture of Hot and Cold meals. All snacks and meals are prepared on premises by our cook.

**Water will be served at lunch, with all snacks, and offered regularly throughout the day*

***Halal & Vegetarian Options are also available.**

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack					
Grains Fruit Meat & Alt Milk & Alt	Shreddies Bananas Milk	Melba Toast Seasonal Fruit Milk	Waffle Fresh Mixed Fruit Milk	English Muffin WOW Butter Milk	Vegetable Loaf Seasonal Fruit Milk
Lunch	Bean & Cheese Quesadilla	Grilled Cheese & Turkey Panini w/ Green Salad	Tuna Pita Pocket	Chicken & Cheese Burgers	Mushroom & Spinach Quiche
Grains Fruit & Veg Meat & Alt Milk & Alt	Tortilla Beans, Tomato, Tomato Sauce/ Yellow Pepper/Seasonal Fruit Canned Beans Milk & Cheese	Whole Wheat Bread Shredded Lettuce & Tomatoes/ Seasonal Fruit Turkey Cold Cuts Milk & Cheese	Pita Pockets Celery Sticks/ Melon Canned Tuna Fish Milk	Hamburger Buns Cucumber Slices/ Seasonal Fruit Chicken Burger Patty Milk & Cheese	Brown Rice Mushroom, Spinach/ Seasonal Fruit Eggs Milk & Cheese
PM Snack					
Grains Fruit & Veg Meat & Alt Milk & Alt	Apple Sauce/ Apples Yogurt	Mixed Vegetables Hummus/Ranch	Cereal Trail Mix Cheese	Vegetable Loaf Melon	Whole Wheat Pita Hummus/Ranch

Our menus are color coated in accordance with **The Canadian Food Guide**- Colors represent which category each food falls under:

Yellow- Grains, **Green- Fruit & Veg**, **Blue- Milk & Alt**, **Red- Meat & Alt**.

(Cereal Trail Mix ingredients: Mixed Cereal, Pretzel Sticks, Goldfish Crackers, Cheese Nibs & Banana Chips)

(Vegetable Loaf can be a mix of: Zucchini, Carrot or Banana baked fresh on premises)

All of our Menus are created by a Licensed Nutritionist



Bridges Kinder Connection – Summer Menu

We serve a mixture of Hot and Cold meals. All snacks and meals are prepared on premises by our cook.

**Water will be served at lunch, with all snacks, and offered regularly throughout the day*

***Halal & Vegetarian Options are also available.**

WEEK 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	
AM Snack	Grains Fruit & Veg Meat & Alt Milk & Alt	Multigrain Cheerios Bananas Milk	Whole Grain Toast Seasonal Fruit Milk	Vegetable Loaf Oranges Milk	Waffle Apple Sauce/ Apples Milk	English Muffin WOW Butter Milk
Lunch	Grains Fruit & Veg Meat & Alt Milk & Alt	Turkey Fried Rice w/ Mixed Vegetables Rice Mixed Vegetables, Cucumber /Melon Turkey Milk	Tuna Salad & Cheese Sandwich Whole Wheat Bread Baby Tomatoes/ Apple Sauce/ Apples Canned Tuna Fish Milk & Cheese	Mango Chicken Wraps Tortillas Mango, Lettuce, Tomato, Cucumber, Baby Carrots/ Seasonal Fruit Chicken Milk & Cheese	Hot Dogs with Cheese & Baked Sweet Potato Fries Hot Dog Buns Celery Sticks, Sweet Potato Fries/ Seasonal Fruit Chicken Hot Dogs Milk & Cheese	Chicken Pasta Primavera Whole Wheat Pasta Zucchini, Bell Peppers/ Seasonal Fruit Chicken Milk & Cheese
PM Snack	Grains Fruit & Veg Meat & Alt Milk & Alt	Pita Baby Carrots Hummus/Ranch Milk	Vegetable Loaf Pineapple WOW Butter Milk	Whole Grain Bread WOW Butter Milk	Mixed Vegetables Hummus/Ranch	Whole Grain Crackers Seasonal Fruit

Our menus are color coated in accordance with **The Canadian Food Guide**- Colors represent which category each food falls under:

Yellow- Grains, **Green- Fruit & Veg**, **Blue- Milk & Alt**, **Red- Meat & Alt**.

(Cereal Trail Mix ingredients: Mixed Cereal, Pretzel Sticks, Goldfish Crackers, Cheese Nibs & Banana Chips)

(Vegetable Loaf can be a mix of: Zucchini, Carrot or Banana baked fresh on premises)

All of our Menus are created by a Licensed Nutritionist































Bridges Kinder Connection – Summer Menu

We serve a mixture of Hot and Cold meals. All snacks and meals are prepared on premises by our cook.

**Water will be served at lunch, with all snacks, and offered regularly throughout the day*

***Halal & Vegetarian Options are also available.**

WEEK 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	<p>Whole Grain Toast </p> <p>Seasonal Fruit </p> <p>Milk</p>	<p>English Muffin </p> <p>WOW Butter </p> <p>Milk</p>	<p>Waffles </p> <p>Seasonal Fruit</p> <p>Milk</p>	<p>Multigrain Cheerios </p> <p>Seasonal Fruit </p> <p>Milk</p>	<p>Vegetable Loaf </p> <p>Apples/ Apple Sauce </p> <p>Milk</p>
Lunch	<p>Rice & Meatballs</p> <p>Rice</p> <p>Green Beans/ Seasonal Fruit</p> <p>Beef Meatballs </p> <p>Milk</p>	<p>Mini Turkey & Cheese Subs</p> <p>Submarine Rolls </p> <p>Cucumber Slices/ Seasonal Fruit</p> <p>Turkey Cold Cuts </p> <p>Milk & Cheese</p>	<p>Scrambled Eggs & Toast</p> <p>Multi-Grain Bread </p> <p>Snow Peas/Seasonal Fruit</p> <p>Eggs </p> <p>Milk</p>	<p>Mexican Bean Burrito</p> <p>Tortilla </p> <p>Lettuce, Tomato, Corn/ Seasonal Fruit </p> <p>Canned Mixed Beans</p> <p>Milk, Sour Cream & Cheese</p>	<p>Tuna Cheese Melt</p> <p>Slice Bread </p> <p>Broccoli Trees/ Seasonal Fruit </p> <p>Canned Tuna Fish</p> <p>Milk & Cheese</p>
PM Snack	<p>Pita Bread </p> <p>Cucumber </p> <p>Hummus/Ranch</p>	<p>Whole Grain Crackers </p> <p>Celery Sticks, Tomatoes </p> <p>Cheese</p>	<p>Whole Grain Crackers </p> <p>Apples/ Apple Sauce </p>	<p>Vegetable Loaf </p> <p>Fresh Mixed Fruit </p>	<p>Melba Toast </p> <p>Cucumbers </p> <p>WOW Butter</p> <p>Milk</p>

Our menus are color coated in accordance with **The Canadian Food Guide**- Colors represent which category each food falls under:

Yellow- Grains, **Green- Fruit & Veg**, **Blue- Milk & Alt**, **Red- Meat & Alt**.

(Cereal Trail Mix ingredients: Mixed Cereal, Pretzel Sticks, Goldfish Crackers, Cheese Nibs & Banana Chips)

(Vegetable Loaf can be a mix of: Zucchini, Carrot or Banana baked fresh on premises)

All of our Menus are created by a Licensed Nutritionist
































Bridges Kinder Connection – Summer Menu

We serve a mixture of Hot and Cold meals. All snacks and meals are prepared on premises by our cook.

**Water will be served at lunch, with all snacks, and offered regularly throughout the day*

***Halal & Vegetarian Options are also available.**

WEEK 4					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Vegetable Loaf  Seasonal Fruit Milk 	English Muffin  WOW Butter Milk 	Melba Toast  Bananas  Milk	Shreddies  Oranges  Milk	Whole Grain Bread  Seasonal Fruit  Milk 
Lunch	Spaghetti & Meatballs W/ Parmesan Spaghetti Pasta Tomato Sauce/Seasonal Fruit Chicken Meatballs Milk & Cheese	Breaded Chicken Fingers & Toast Whole Grain Bread Cucumber Slices/Seasonal Fruit  Chicken Fingers  Milk	Tuna Salad & Cheese Sandwich  Whole Wheat Bread Snow Peas/Seasonal Fruit Canned Tuna Fish  Milk & Cheese	Spanish Rice & Beans  Rice Tomatoes, Mixed Vegetables/Seasonal fruit Canned Beans  Milk & Cheese	Mini Pizza  English Muffin  Broccoli Trees, Tomato Sauce/Seasonal Fruit Turkey Pepperoni Milk & Cheese
PM Snack	Whole Grain Crackers  Apples/Apple Sauce 	Melba Toast  Baby Carrots Cheese 	Seasonal Fruit  Yogurt 	Pita Bread  Celery Sticks/Tomatoes Hummus/Ranch 	Melon  Yogurt 

Our menus are color coated in accordance with **The Canadian Food Guide**- Colors represent which category each food falls under:

Yellow- Grains, **Green- Fruit & Veg**, **Blue- Milk & Alt**, **Red- Meat & Alt**.

(Cereal Trail Mix ingredients: Mixed Cereal, Pretzel Sticks, Goldfish Crackers, Cheese Nibs & Banana Chips)

(Vegetable Loaf can be a mix of: Zucchini, Carrot or Banana baked fresh on premises)

All of our Menus are created by a Licensed Nutritionist

