

Bridges Kinder Connection – Winter 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	Multigrain Cheerios	Vegetable Loaf	Whole Grain Toast	Waffles	Whole Wheat Bagel
Fruit & Veg	Bananas	Apple Sauce/ Apples		Seasonal Fruit	Seasonal Fruit
Meat & Alt			WOW Butter		
Milk & Alt	Milk	Milk	Milk	Milk	Milk
Lunch					
	Penne Pasta & Meatballs	Tuna & Turkey Salad Sandwich	Cheese & Chicken Breast Wrap	Ground Turkey Chili & Pita Triangles	Macaroni & Cheese
Grains	Penne Pasta	Whole Wheat Bread	Tortillas	Whole Wheat Pita	Macaroni Pasta
Fruit & Veg	Seasonal Fruit, Baby Corn	Celery Sticks/Seasonal Fruit	Lettuce, Tomato, Cucumbers & Seasonal Fruit	Seasonal Fruit/ Tomatoes, Mix Vegetables	Mixed Vegetables/ Seasonal Fruit
Meat & Alt	Chicken Meatballs	Canned Tuna/Turkey Cold Cuts	Chicken Breast	Ground Turkey/ Beans	Breaded Chicken Fingers
Milk & Alt	Milk & Cheese	Milk & Cheese	Milk & Cheese	Milk	Milk & Cheese
PM Snack					
Grains		Whole Grain Crackers	Granola Bars		Cereal Trail Mix
Fruit & Veg	Seasonal Fruit	Seasonal Vegetables	Oranges	Mixed Vegetables	Pears/ Pineapple
Meat & Alt				Hummus/ Ranch	
Milk & Alt	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)

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WEEK 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	 Cinnamon Raisin Toast Seasonal Fruit Milk 	 Shreddies Seasonal Fruit Milk 	 Whole Grain Toast Bananas Milk 	Vegetable Loaf Fresh Mixed Fruit Milk  	English Muffin  WOW Butter Milk 
Lunch	Whole Wheat Bagel & Scrambled Eggs Whole Grain Bagel Cucumber Slices  Seasonal Fruit Eggs Milk & Cheese 	Bean & Cheese Quesadilla Tortillas Tomatoes, Mixed Vegetables/ Pears  Turkey & Beans Milk & Cheese 	Rice & Egg Casserole w/ Leek & Potato Soup Rice Leek, Potato/ Oranges  Chicken Broth & Eggs Milk & Cheese 	Mini Pizza  English Muffins Broccoli Trees/Tomato Sauce/Pineapple Ground Turkey Milk & Cheese 	Tuna Noodle Casserole Rigatoni Pasta Peas, Corn & Mushroom Soup/ Seasonal Fruit Canned Tuna Milk 
PM Snack	 Whole Wheat Pita Peppers/ Tomatoes Cheese 	 Bananas Yogurt 	 Snow Peas/ Cucumbers Hummus/ Ranch 	Whole Grain Crackers Apple Sauce/ Apples  	 Goldfish Fresh Mixed Fruit Cheese 

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WEEK 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	 Whole Wheat Bagel Bananas Milk	 Vegetable Loaf Seasonal Fruit Milk	 Waffles Apple Sauce/ Apples Milk	 Whole Grain Toast WOW Butter Milk	 Multigrain Cheerios Seasonal Fruit Milk
Lunch	Spaghetti & Chicken Meatballs  Pasta Peas, Corn, Tomato Sauce/ Seasonal Fruit Chicken Meatballs Milk & Cheese	Chicken Fingers & Sweet Potato Fries  Whole Grain Pita Sweet Potato/ Fresh Mixed Fruits Breaded Chicken Fingers Milk	Turkey Vegetable Stew & Grilled Cheese Sandwich  Whole Wheat Bread Potatoes, Broccoli, Celery, Carrots & Tomatoes/ Seasonal Fruit Ground Turkey Milk & Cheese	Sheppard's Pie  Whole Grain Crackers Potatoes, Corn, Peas/ Seasonal Fruit Ground Turkey Milk	Rice & Baked Beans  Rice Mixed Vegetables/ Apple Sauce/ Apples Beans Milk & Cheese
PM Snack	 Mixed Vegetables Hummus/Ranch	 Pineapple/ Pears Yogurt	 Whole Grain Crackers Cucumbers/ Peppers	 Whole Grain Pita Celery Sticks Cheese	 Vegetable Loaf Oranges

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WEEK 4					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	 Grains Fruit & Veg Meat & Alt Milk & Alt	 Shreddies Seasonal Fruit Milk	 Vegetable Loaf Fresh Mixed Fruit Milk	 Cinnamon Raisin Toast Apple Sauce/ Apples Milk	 English Muffin WOW Butter Milk
Lunch	Whole Wheat Bagel & Scrambled Eggs Grains Fruit & Veg Meat & Alt Milk & Alt	Chicken Fingers & Jasmine Rice Whole Grain Bread/Rice Cucumber Slices/ Seasonal Fruit Breaded Chicken Fingers Milk	Egg Salad & Cheese Sandwich w/ Broccoli Soup Whole Wheat Bread Potato, Broccoli, Mushroom Soup/ Seasonal Fruit Egg Milk & Cheese	Fish Sticks & Baked Potato Whole Grain Pita Broccoli Trees, Potatoes/ Fresh Mixed Fruit Breaded Fish Sticks Milk	Rotini Pasta & Meatballs Rotini Pasta Tomato Sauce, Peas, Corn/Carrots/Oranges Chicken Meatballs Milk & Cheese
PM Snack	Whole Grain Crackers Applesauce/ Apples Grains Fruit & Veg Meat & Alt Milk & Alt	 Bananas Cheese	 Whole Wheat Pita Hummus/Ranch	 Seasonal Fruit Yogurt	 Cereal Trail Mix Pears/ Pineapple

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