

Week One Jan 20, Feb 10, Mar 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Milk and fresh fruit is served with all breakfasts	Cinnamon Cranberry granola With Maple Greek yogurt. *Gluten Free Granola Option provided	Apple Sauce Pancakes with diced apples Gluten Free flour options provided	Huevos Rancheros with *salsa.	Blueberry scone with *Jam and *Wow Butter Gluten Free flour option provided	Cheesie Scrambled Eggs or tofu with *toast. Gluten Free Bread provided
Ingredients: *NOTE: Not made in the Kids U kitchens. Check individual labels for ingredients.	Oats, cranberry, maple syrup, honey, Chia seed, cinnamon Greek Yogurt contains dairy Contains: Gluten and dairy	Apple sauce, flour, cinnamon, baking powder, water, sugar, salt, oil, diced apple Contains. Gluten	Cheese, Egg ,Salsa, *tortilla chips , Salt/pepper. Contains: dairy, egg	Blueberries, flour, egg, sugar, milk, margarine, baking powder, salt Contains: Gluten, dairy, egg	Egg or tofu, Milk, cheddar cheese, *bread Contains: Gluten, dairy, egg Bread may contain soy.
Infant Snack Ingredients:	Fresh Made Apple Sauce & *Arrowroot cookie Gluten free/vegan krispie crunchie cookie provided	Fruit smoothie Mixed frozen and fresh berries	Chocolate Chia Pudding with *Graham crackers Gluten free/vegan krispie crunchie cookie provided	Vegetable puree Mixed steamed and fresh vegetables	Blueberry Oatmeal Contains: Oats, maple syrup, water, blueberries Gluten free oats provided
Lunch: Milk and fresh vegetables is served with all lunches	Chickpea Chili with *dinner roll. Gluten free bread provided	Butter Chicken with turmeric, rice and *naan bread. Gluten free bread provided	Baked Mac & Cheese with *Meatless Meatballs Gluten free noodles, vegan/gluten free sauce available, gluten free black beans provided	Cream of broccoli cheddar soup With chicken or chickpea With *dinner roll. Gluten free bread provided	Lemmon Pepper white fish. Served with rice and steamed vegetables
Ingredients: *NOTE: Not made in the Kids U kitchen. Check individual labels for ingredients.	Chickpeas, Red and green bell peppers, Onion, Chilli powder, Garlic. Crushed tomato, Paprika. Salt and pepper *Dinner Roll Contains: Gluten , egg, dairy	Butter chicken contains: Margarine, Crushed tomato, Garam Masala spice, tandoori spice, yogurt, Chicken or Chickpea, Cream, salt and pepper, rice Contains. Dairy, Gluten, eggs	Pasta contains gluten, milk, Cheddar cheese, corn starch, Bread crumbs Contains. Gluten, Dairy, soy	Soup contains: Broccoli, Vegetable stock, Thyme, cream, Cheddar cheese, salt pepper *Dinner roll Contains. Gluten, dairy, egg	Alaskan pollock or chickpea, Lemon pepper spice, brown rice Contains. Fish, soy
Snack: Ingredients: Fresh fruit or vegetable is served with all snacks	Cheese and *crackers with cucumber Gluten free cracker provided Contains: Gluten	Pumpkin Power Balls. Oats, pumpkin, maple syrup Gluten free oats provided	Banana bread served with Greek Yogurt Banana, Vanilla, flour, egg, oil, salt, Baking soda Gluten free/vegan apple sauce muffin provided Contains: dairy and gluten	Vegan Maple Dill Dip with *crackers and fresh vegetables Vegan mayo, maple syrup, dried dill, lemon juice, salt & pepper Gluten free cracker provided	Mixed berry spinach and kale smoothie. Contains: Dairy

Week Two Jan 27, Feb 18, Mar 9	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Milk and fresh fruit are served with all breakfasts	Strawberry oatmeal Gluten free oats provided	Cocoa Wow Banana smoothie Mixed berry smoothie provided	Raspberry Scone with hard boiled egg Gluten free/vegan scone provided	Broccoli Cheddar Quiche Cups	French toast with a Raspberry Coulis Gluten free bread provided
Ingredients: *NOTE: Not made in the Kids U kitchens. Check individual labels for ingredients.	Oats, Strawberry, water. Brown sugar. Contains: Gluten	Smoothie contains: Cocoa, Banana, wow butter, Greek yogurt. Contains: Dairy, soy	Flour, Baking powder, milk, margarine, sugar, Salt, vanilla, Raspberries Contains: Gluten, Dairy, egg	Quiche contains: Egg. Broccoli, Cheddar cheese, salt and pepper Contains: Dairy, eggs	*Bread , Egg, Cinnamon, raspberries, sugar Contains: Gluten, Egg
Infant Snack Ingredients:	Zucchini Loaf and fresh fruit Flour, Egg, milk, Zucchini. Sugar, Baking powder, Vanilla. Gluten free/vegan muffin provided	Turkey breast and cheese.	Maple Greek Yogurt with Blueberries Maple syrup Greek yogurt Contains: dairy	Oatmeal Muffin Egg, Flour, Milk, Baking powder, Vanilla, sugar, salt, Oats Contains: egg, dairy Gluten free/vegan muffin provided	Steamed vegetables and crackers *Gluten free crackers provided
Lunch: Milk and fresh vegetables are served with all lunches.	Vegetable teriyaki stir-fry with tofu on brown rice	Curried Pumpkin and Lentil soup, with *dinner roll . Gluten free bread provided	Beef stroganoff over egg noodles Gluten free noodle provided	Apple and Cranberry Quinoa Salad with tuna sandwich Quinoa contains gluten, rice provided	Spaghetti with Meat or Lentil Sauce Gluten free noodle provided
Ingredients: *NOTE: Not made in the Kids U kitchens. Check individual labels for ingredients.	Stir-fry contains: Broccoli, Bell peppers, Carrot, onion, zucchini Teriyaki sauce contains: Ginger, garlic, Soy sauce, Brown sugar, corn starch, brown rice Contains: Soy	Soup contains: Pumpkin, Onion., Celery, Carrot, Curry powder, coconut milk., Ginger, Salt and pepper, lentils *Dinner roll Contains: Gluten, egg, dairy	Stroganoff contains: Beef or blackbeans, onion, mushroom, cream, vegetable stock, Mustard, Salt and pepper Egg noodles contain egg and gluten Contains: Gluten, dairy, eggs	Salad contains: Quinoa, Bell peppers, Dried cranberries, Apple or pear, Red onion, Apple cider, Apple juice, Garlic, tuna or chickpea, vegan mayo, cheese, mustard, *bun Contains Gluten, dairy Dried cranberries may contain sesame – GF Bread provided	Sauce contains: Beef or lentils, crushed tomato sauce, Basil, oregano, Thyme, Salt pepper, lentils, pasta Contains: Gluten
Snack Ingredients: Fresh fruit or vegetables are served with all snacks	Pizza Pinwheels Tomato, mozzarella, fresh basil, *Tortilla wrap Gluten free wrap provided Contains: Gluten, egg and dairy	Fresh tomato and black bean salsa and *corn chips . Tomato, peppers, red onion, dried cilantro, lime juice, black beans Gluten free cracker provided	Vegan Maple Dill Dip with *crackers and fresh vegetables Vegan mayo, maple syrup, dried dill, lemon juice, salt & pepper Gluten free cracker provided	Oatmeal Cranberry Cookie Oats, margarine, egg, Flour, cinnamon, sugar, vanilla, dried cranberries Contains: gluten, egg, may contain sesame Gluten free/vegan krispie crunchie cookie provided	Apple slices with cheese and hard boiled eggs

Week Three Feb 3, Feb 24, Mar 16	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Milk and fresh fruit is served with all Breakfasts	Overnight Muesli Gluten free oats provided	Classic Pancakes with *turkey sausage Gluten Free flour option provided, Gluten Free/Vegan Tofu Scramble provided	Greek Yogurt & mixed berry smoothie with *rice cakes and Wow Butter	Tea Biscuits with *Jam & Hard boiled Eggs Gluten Free flour option provided	*Corned beef or black bean Hash with boiled eggs
Ingredients: *NOTE: Not made in the Kids U kitchens. Check individual labels for ingredients.	Oats, Chia seed, Rice milk, maple syrup, Cinnamon Contains: Gluten	Flour, Baking powder, egg, sugar, salt, Milk, oil Contains: Gluten, dairy, eggs	Greek Yogurt, Fruit Contains: dairy, Soy	Flour, baking powder, salt, margarine, milk Contains: dairy, gluten	Hash contains: Eggs, Corned beef, Bell peppers, Potato, onion, Salt and pepper, Garlic, Chilli powder Contains: egg
Infant Snack Ingredients:	Cheese cubes and *crackers . Gluten free cracker provided	Fresh Fruit salad with *graham crackers . Gluten free/vegan krispie krunchie cookie provided	Sliced turkey and mixed steamed vegetables	Raspberry Oatmeal Oats, Raspberries, Vanilla Gluten free oats provided	Vanilla Rice Pudding Rice, vanilla, Rice Milk, egg, sugar Contains: eggs
Lunch. Milk and fresh vegetables are served with all lunches	Minestrone Soup with *dinner roll Gluten free bread provided	Thai Chicken Noodle Salad with a Thai Wow Butter dressing Contains: Soy	Caribbean Jerk Chicken with Pineapple Salsa served with brown rice.	Red Lentil pasta Gluten free noodle provided Lentils may contain gluten, black bean substituted Contains: Gluten	BBQ Jack Fruit *Sandwich with Broccoli Slaw *Bread or bun Contains: Gluten, dairy, egg, soy Gluten free wrap provided
Ingredients: *NOTE: Not made in the Kids U kitchens. Check individual labels for ingredients.	Soup contains: onion, garlic, carrot, black beans, zucchini, diced tomatoes, veg broth, basil, oregano, chickpeas, spinach, GF pasta noodles, salt & pepper *Dinner roll	Salad contains: *Vermicelli noddles, Chicken or chickpea, Broccoli, Cauliflower, Carrot, Zucchini Dressing contains: Wow butter, Soy sauce, Sambel Oelek, garlic, dried Cilantro, lime juice	Jerk chicken contains: Chicken or chickpeas, lime juice, Cinnamon, Thyme, Chilli powder, Garlic, onion, all spice, ginger, Pineapple, Bell pepper, Red onion, mint, lime juice, Salt & pepper Brown rice	Pasta, Red lentils, Carrot, Celery, Onion, Crushed tomato, basil, Parsley, Salt and pepper	Jack fruit; Slaw contains: Broccoli, Cabbage, Mayo, Salt pepper, BBQ sauce, rice vinegar, garlic *Multi grain bun *BBQ sauce
Snack Ingredients: Fruit or vegetables served with all snack.	Wow Butter Cheerio Clusters With fresh fruit and/or vegetables Cheerios or Rice Krispies, wow butter, maple syrup GF Rice Krispie option provided	*Dill Pickle spears with cheese.	Vegan Maple Dill Dip with *crackers and fresh vegetables Vegan mayo, maple syrup, dried dill, lemon juice, salt & pepper Gluten free cracker provided	Fresh Blueberry Apple Sauce with *graham crackers Apples, Cinnamon, sugar, blueberries Gluten free/vegan krispie krunchie cookie provided	Guacamole with fresh Vegetables and *Tortilla chips Avocado, Lime juice, dried Cilantro, Bell peppers, Onion, Salt and pepper Ranch or hummus available Gluten free cracker provided