



St. Jacobs Daycare Menu

Week 1

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Unsweetened Apple Sauce and Cheese Cubes	Milk Yogurt And Melon	Milk Whole Grain Bagels with Plain Cream Cheese and Apples	Milk Fruit Salad and Melba Toast	Milk Banana Bread and Apples
Lunch Meat or Alternative	Baked Chicken Fingers	Beef Shepherd's Pie	Pork Schnitzel	Pepperoni Pizza	Chicken Breast
Grain Products	Baked Whole Wheat Macaroni and Cheese	Whole Wheat Bread and Mashed Potatoes (in shepherd's pie)	Brown Rice	Whole Wheat Pita (Pizza Crust)	Brown Rice
Vegetable	Cooked Vegetable	Cooked Vegetable	Cooked Vegetable	Cooked Vegetable and Garden Salad	Cooked Vegetable
Dairy Product	Milk Cheese (on noodles)	Milk	Milk	Milk Pizza Topping (Mozzarella Cheese)	Milk
Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other Foods	Plum Sauce			Oil and Balsamic Salad Dressing	
Mid-Afternoon Snack	Water Hummus and Whole Wheat Pita	Water Crackers and Cheese	Water Hard Boiled Eggs and Dill Pickles	Water Vegetable Tray with Dip and Fish Crackers	Water 3 Bean Blend and Melba Toast

*Water is available for the children to drink any time throughout the day.



St. Jacobs Daycare Menu

Week 2

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Cheerios and Oranges	Milk Muffins (apple butter bran with raisins/ pineapple carrot) and Apples	Milk 9 Grain Toast with Butter and Apples	Milk Yogurt and Melon	Milk Melba Toast and Apples
Lunch Meat or Alternative	Ham	Turkey Sausage on a Bun	Pork and Beef Bolognese	Baked Chicken Burgers	Ham and Cheese Sandwiches
Grain Products	Roasted Potatoes	Whole Wheat Buns	Whole Wheat Pasta	Baked Sweet Potato Fries and Whole Wheat Buns	Whole Wheat Bread
Vegetable	Cooked Vegetable	Tomato Soup and Cooked Vegetable	Cooked Vegetable	Cooked Vegetable	Cooked Vegetable and Garden Salad
Dairy Product	Milk	Milk	Milk	Milk	Milk
Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other Foods				Plum Sauce	Oil and Balsamic Salad Dressing
Mid-Afternoon Snack	Water Red and Green Peppers with Pretzels	Water Fish Crackers and Cheese	Water Vegetable Tray with Hummus, Melba Toast	Water Crackers and Cucumbers	Water Whole Wheat Pita, Cheese and Olives

*Water is available for the children to drink any time throughout the day.



St. Jacobs Daycare Menu

Week 3

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Cheerios and Melon	Milk Whole Wheat Bagels with Cream Cheese and Apples	Milk Fruit Salad and Yogurt	Milk Cheerios and Oranges	Milk 9 Grain Toast with Fruit Jam and Melon
Lunch Meat or Alternative	Grilled Cheese Sandwiches	Chicken Breast	Mini Quiche with Broccoli and Cheese	Meatballs (pork/beef blend)	Beef Meatloaf
Grain Products	Whole Wheat Bread	Brown Rice	Quiche Shell	Whole Wheat Pasta	Mashed Potatoes
Vegetable	Tomato Soup and Cooked Vegetable	Cooked Vegetable	Cooked Vegetable	Tomato Sauce and Cooked Vegetable	Cooked Vegetable
Dairy Product	Milk	Milk	Milk Cheese (in quiche)	Milk	Milk
Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other Foods					
Mid-Afternoon Snack	Water Cucumbers and Crackers	Water Hummus and Whole Wheat Pita	Water Vegetable Tray with Dip and Pretzels	Water Red and Green Peppers with Fish Crackers	Water Melba Toast with Cherry Tomatoes and Cheese

*Water is available for the children to drink any time throughout the day.



St. Jacobs Daycare Menu

Week 4

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Oatmeal with Maple Syrup and Apples	Milk Fruit Salad and Cheese Cubes	Milk Banana Bread and Apples	Milk Unsweetened Apple Sauce and Cheese Cubes	Milk Yogurt and Melon
Lunch Meat or Alternative	Chicken Stir-fry	Hamburgers (Beef Patty)	Tuna Sandwiches	Lasagna	Ham
Grain Products	Brown Rice	Whole Wheat Buns	Whole Wheat Bread	Whole Wheat Pasta	French Toast on Whole Wheat Bread
Vegetable	Vegetables in Stir-fry	Baked Sweet Potato Fries with Cooked Vegetable	Vegetable Soup and Cherry Tomatoes	Cooked Vegetable	Cooked Vegetable
Dairy Product	Milk	Milk	Milk	Cheese (in lasagna)	Milk
Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other Foods					Maple Syrup
Mid-Afternoon Snack	Water Hard Boiled Eggs and Dill Pickles	Water Crackers and Cheese	Water Whole Wheat Pita and Cucumbers	Water Vegetable Tray with Dip and Pretzels	Water Tomatoes and Cucumbers with Cheese

*Water is available for the children to drink any time throughout the day.