

# Week 1 Menu

DAY	BREAKFAST	LUNCH	AFTERNOON SNACK
MONDAY	Whole grain cereal, yogurt, banana slices	Grilled chicken, steamed vegetables, brown rice, milk	Apple slices, cheese slices
TUESDAY	Scrambled eggs, whole wheat toast, seasonal fruit*	Turkey and cheese sandwich on whole wheat bread, cucumber slices, milk	Whole grain crackers, cheese slices
WEDNESDAY	Oatmeal with mixed berries, milk, apple slices	Spaghetti with marinara sauce, steamed broccoli, milk	Mixed fruit salad
THURSDAY	Yogurt with banana, seasonal fruit*	Baked fish, quinoa, mixed vegetables, milk	Whole wheat pita with hummus
FRIDAY	Pancakes, milk, orange	Veggie stir-fry with tofu, brown rice, milk	Yogurt, berries
NOTES	Water is available throughout the day and whole milk is served with all lunches.		

\*watermelon, kiwi, strawberry, blueberry, nectarine, pineapple, mango etc.

KELOWNA EARLY EXPLORERS ACADEMY FOR CHILDREN 0-5



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# Week 2 Menu

DAY	BREAKFAST	LUNCH	AFTERNOON SNACK
MONDAY	Whole grain bagel, cream cheese, milk, banana slice	Ham and cheese sandwich, green bean, milk	Mashed Avocadoes with a Splash of Lime Juice, cookies
TUESDAY	English Muffin, yogurt, Mixed berries	Mini Burgers on Whole Wheat Bun , peas, milk	Mixed fruit salad, crackers
WEDNESDAY	Oatmeal with mixed berries, milk, apple slice	English muffin pizza, steamed broccoli, milk	Mini Pretzels , Bananas
THURSDAY	Hash Browns, milk, Banana	Quesadilla, sweet potato, Celery Sticks , milk	Blueberry Muffin, Cheese slices
FRIDAY	Cereal, yogurt, orange wedge	beef stir-fry with Cauliflower Florets, brown rice, milk	Whole grain crackers with cream cheese, Berries
NOTES	Water is available throughout the day and whole milk is served with all lunches.		



# Week 3 Menu

## DAY

## BREAKFAST

## LUNCH

## AFTERNOON SNACK

### MONDAY

Raisin Bread,  
milk,  
banana slices

Turkey and Cheese on  
Whole Grain Hoagie,  
cauliflower, milk

Apple slices,  
soft pretzels

### TUESDAY

Yogurt with mixed  
berries, English muffins

Curried Chickpea  
Salad,  
milk

Corn muffin, cheese  
slices

### WEDNESDAY

Oatmeal with milk,  
apple slice

Mashed Potatoes,  
Diced Ham w/  
Asparagus ,milk

Whole Wheat  
Mini Bagel,  
Yams

### THURSDAY

whole wheat toast  
w/ jam, milk,  
seasonal fruit

Chicken Tacos  
with Lettuce and  
Tomatoes, milk

Whole grain  
crackers,  
banana slices

### FRIDAY

Whole Grain  
Cereal,  
orange slice

Beef stroganoff,  
carrot slices,  
milk

Cookies, Yogurt

## NOTES

Water is available throughout the day and  
whole milk is served with all lunches.



# Week 4 Menu

## DAY

## BREAKFAST

## LUNCH

## AFTERNOON SNACK

### MONDAY

Pancake,  
milk,  
banana slices

Butter chicken,  
Corn w/ green bean  
milk

Whole grain  
crackers, cheese  
slices

### TUESDAY

Whole Grain Cereal,  
oranges

Mini Turkey Burgers on  
a Whole Wheat Bun,  
Sprouts  
, milk

Snap Peas, Carrot  
Sticks

### WEDNESDAY

Oatmeal with berries,  
yogurt,  
apple slice

Black Bean and Brown  
Rice Mexi Casserole,  
milk

Sliced Turkey,  
Whole Grain  
Bread

### THURSDAY

Scrambled eggs,  
milk,  
seasonal fruit

Lasagna, Mixed  
Veggie, Soft Roll,  
milk

Pita Bread,  
carrot sticks

### FRIDAY

Mini pizza,  
milk,  
orange slice

Chicken quinoa  
soup, brown rice,  
milk

Cauliflower Florets  
with Ranch Dip

## NOTES

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