

# Menu (Week 1)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> <li>• cereal</li> <li>• milk</li> </ul>	<ul style="list-style-type: none"> <li>• toast</li> <li>• bananas</li> </ul>	<ul style="list-style-type: none"> <li>• English muffins</li> <li>• milk</li> </ul>	<ul style="list-style-type: none"> <li>• toast</li> <li>• fruit</li> </ul>	<ul style="list-style-type: none"> <li>• cereal</li> <li>• milk</li> </ul>
Lunch	spaghetti with tomato/hamburger sauce and grated cheese Veggies	Scrambled eggs with cheese/toast/peppers	Grilled ham and cheese sandwiches/veggies	Beef & veggie fried rice/milk to drink	Sloppy joes with grated cheese/veggies
Snack	<ul style="list-style-type: none"> <li>• fruit</li> <li>• goldfish crackers</li> </ul>	<ul style="list-style-type: none"> <li>• muffins</li> <li>• fruit</li> </ul>	<ul style="list-style-type: none"> <li>• banana bread</li> <li>• fruit</li> </ul>	<ul style="list-style-type: none"> <li>• animal crackers</li> <li>• fruit</li> </ul>	<ul style="list-style-type: none"> <li>• graham crackers</li> <li>• fruit</li> </ul>

All of our weekly meal plans are in accordance with the guidelines set by Yukon Childcare Services and Canada's Food Guide

