

# Menu (Week 3)

	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	Turkey/cheese and cucumber sandwiches	Macaroni & cheese with ham/veggies	Sloppy with hamburger/grated cheese/veggies	Fettuccine with chicken and 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>• oatmeal cookies</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

