

# 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



Nurturing Hearts, Inspiring Minds

# 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.		

KELOWNA EARLY EXPLORERS ACADEMY FOR CHILDREN 0-5



Nurturing Hearts, Inspiring Minds

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



KELOWNA EARLY EXPLORERS ACADEMY FOR CHILDREN 0-5



Nurturing Hearts, Inspiring Minds