

Wee Wild Ones Menu



WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AM Snack

Toast w/ Jam & Bananas

Breakfast Smoothie

Bagel w/ Cream Cheese
& Seasonal Fruit

Baked Oats

Rice Krispies & Seasonal Fruit

Lunch

Rice and Beans

Vegetable Frittata & Potatoes

Veggie Loaded Pasta w/ Cheese

Lentil Soup & Garlic Toast

Tomato Soup w/ Corn Bread

PM Snack

Cucumber & Dip
Steamed Carrot and Dip

Carrot Bread

Oat Bar

Rice Pudding

Mixed Berry Smoothie

WEEK 2

AM Snack

Oatmeal w/Bananas & Honey

Breakfast Smoothie

Pancakes w/ Apples

Cereal w/ Milk & Seasonal Fruit

Scrambled Eggs w/ Hash Browns

Lunch

Couscous Salad & Toasted Pita

Spaghetti & Lentil Tomato Sauce

Cauliflower Macaroni

Vegetable Chili & Corn Chips

Veggie Pasta Salad

PM Snack

Coconut - Pineapple Smoothie

Blueberry Loaf

Cucumber & Chickpeas w/ Crackers

Oat Bar

Black Bean
Brownies

WEEK 3

AM Snack

Bran Cereal & Bananas

English Muffins w/ Jam & Seasonal Fruit

Breakfast Crumble

Breakfast Smoothie

Toast w/ Jam & Seasonal Fruit

Lunch

Veggie Shepherds Pie

Tomato Macaroni & Cheese

Vegetable Chili & Corn Chips

Grilled Cheese w/ Sliced Cucumber

Tandoori Chickpeas & Brown Rice

PM Snack

Mixed Berry Smoothie

Black Bean Brownies

Cucumber & Dip
Steamed Carrot and Dip

Rice Pudding

Banana Loaf

WEEK 4

AM Snack

Bran Cereal & Bananas

Breakfast
Smoothie

Scrambled Eggs w/ Hash Browns

Corn Flakes & Seasonal Fruit

Baked Oats

Lunch

Spaghetti & Tomato Sauce

Moroccan Squash Lentil Stew

Corn Chowder & Toast

Veggie Shepherds Pie

Cheese and Potato Perogies

PM Snack

Banana Roll Ups

Banana Bread

Cucumber & Dip
Steamed Carrot and Dip

Carrot Loaf

Coconut - Pineapple Smoothie

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Dietary Restrictions



WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AM Snack

Toast w/ Jam & Bananas
*GF Bread
*Raspberry Jam Alt

Breakfast Smoothie
*DF Alt

Bagel w/ Cream Cheese & Seasonal
Fruit
*GF & DF Alt

Baked Oats
*GF Alt

Rice Krispies & Seasonal Fruit
*DF Alt

Lunch

Rice and Beans

Vegetable Frittata & Potatoes
*Egg Free Alt

Veggie Loaded Pasta w/ Cheese
*GF & DF Alt

Lentil Soup & Garlic Toast
*GF Bread

Tomato Soup w/ Corn Bread
*GF soup & Bread Alt

PM Snack

Cucumber & Dip
*Steamed Carrot and Dip (Blossoms)
*Egg, corn, dairy allergy - no Dip

Banana & Carrot Bread
*GF Alt

Oat Bar
*GF Alt

Rice Pudding

Mixed Berry Smoothie
*DF Alt

WEEK 2

AM Snack

Oatmeal w/ Bananas & Honey
*Alt Fruit *GF & DF Alt
*No Honey Alt

Breakfast Smoothie
*DF Alt

Pancakes w/ Apples
*GF & DF Alt

Cereal w/ Milk & Seasonal Fruit
*GF Alt

Scrambled Eggs w/ Hash Browns
*No Egg Alt

Lunch

Couscous Salad & Toasted Pita
*GF Bread Alt

Spaghetti & Lentil Tomato Sauce
*GF Alt

Cauliflower Macaroni
*GF & DF Alt

Vegetable Chili & Corn Chips
*No Corn Alt

Veggie Pasta Salad
*GF Alt

PM Snack

Coconut - Pineapple Smoothie

Blueberry Loaf
*GF Alt

Cucumbers & Chickpeas
*Steamed Carrot and Dip (Blossoms)
*Egg, corn, dairy allergy - no Dip

Oat Bar
*GF Alt

Black Bean
Brownies
*GF Alt

WEEK 3

AM Snack

Bran Cereal & Bananas
*GF Cereal
*Fruit Alt

English Muffins w/ Jam & Seasonal Fruit
*GF Bread
*Raspberry Jam Alt

Breakfast Crumble
*GF Alt

Breakfast Smoothie
*DF Alt

Toast w/ Jam & Seasonal Fruit
*GF Alt
*Raspberry Jam Alt

Lunch

Veggie Shepherds Pie
*DF & GF Alt

Tomato Macaroni & Cheese
*GF & DF Alt

Vegetable Chili & Corn Chips
*No Corn Alt

Grilled Cheese w/ Sliced Cucumber
*GF & DF Alt

Tandoori Chickpeas & Brown Rice

PM Snack

Mixed Berry Smoothie
*DF Alt

Black Bean Brownies
*GF Alt

Cucumber & Dip
*Steamed Carrot and Dip (Blossoms)
*Egg, corn, dairy allergy - no Dip

Rice Pudding

Banana Loaf
*GF Alt

WEEK 4

AM Snack

Cereal & Bananas
*GF Alt

Breakfast
Smoothie
*DF Alt

Scrambled Eggs, Hash Browns
w/ Seasonal Fruit
*Egg Free Alt

Cereal & Seasonal Fruit
*GF Alt

Baked Oats
*GF Alt

Lunch

Spaghetti & Tomato Sauce
*GF Pasta

Moroccan Squash Lentil Stew
*GF Alt *No Tomato Alt

Corn Chowder & Toast
*GF & DF Alt

Veggie Shepherds Pie
*GF & DF Alt *Corn Free Alt

Cheese and Potato Perogies
*GF & DF Alt

PM Snack

Banana Roll Ups
*GF Bread
*Jam Alt

Banana Bread
*GF Alt

Cucumber & Dip
*Steamed Carrot and Dip (Blossoms)
*Egg, corn, dairy allergy - no Dip

Carrot Loaf
*GF Alt

Coconut - Pineapple Smoothie

Additional Menu Information



The centre will provide the following 4-week rotating menus. Every snack contains at least 2 food groups; every lunch includes at least 3 food groups. Children with allergies or dietary restrictions, such as gluten intolerance, will be given alternative food choices (to the extent that we can accommodate).

Children are given the option of having milk or water at each lunch. Infants and Toddlers receive 3% Milk at morning snack and lunch, three years and up receive 2% milk at either morning snack or lunch, depending on the meal. We provide soy milk as a dairy alternative. Our centre(s) are a nut free environment. Popcorn and whole grapes are banned by Alberta Health in Childcare facilities as they pose choking risks.

Children can bring their own food or supplement their meals (please avoid bringing processed and prepackaged foods). All outside food must be labelled with the child's name.



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