

# SAMPLE FOUR WEEK PRESCHOOLER MENU

## Week 1

### Monday

#### Snack

- Unsweetened applesauce
- Whole grain English muffin with non-hydrogenated margarine
- Milk

#### Lunch

- Whole grain penne pasta with tomato sauce and turkey meatballs
- Garden salad with spinach, orange peppers and dressing
- Milk

#### Snack

- Marble cheese cubes
- Banana
- Water

### Tuesday

#### Snack

- Small whole grain muffin
- Honeydew melon chunks
- Milk

#### Lunch

- Tuna casserole made with cheese, light canned tuna and whole grain noodles
- Green peas
- Peach slices
- Milk

#### Snack

- Whole grain mini pitas and hummus
- Carrots sticks, sliced thinly
- Water

### Wednesday

#### Snack

- Plain oatmeal with blueberries
- Water

#### Lunch

- Vegetarian chili made with kidney beans, canned tomatoes and green peppers
- Small whole grain roll
- Orange, chopped or sliced
- Milk

#### Snack

- Banana smoothie made with milk, banana and plain yogurt

### Thursday

#### Snack

- O-shaped oat cereal and milk
- Sliced Royal gala apple

#### Lunch

- Beef tacos with lean, ground beef, whole grain soft tortillas, cheese, tomato and Romaine lettuce
- Pineapple, chopped
- Milk

#### Snack

- Snow peas
- Sliced mozzarella cheese
- Water

### Friday

#### Snack

- Whole grain toast with non-hydrogenated margarine
- Scrambled egg and red pepper rings

#### Lunch

- Mini pizzas (whole grain pitas, tomato sauce, cheese, vegetable toppings)
- Seasoned chicken breast cut into slices
- Cucumber slices and quartered red grapes
- Milk

#### Snack

- Vanilla yogurt
- Cantaloupe slices
- Water

PUBLIC HEALTH

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[york.ca/childcarenutrition](http://york.ca/childcarenutrition)

The logo for York Region, featuring a stylized white star or spark icon above the text "York Region" in a white serif font, all set against a dark blue background with a light blue wave-like shape behind it.

York Region

## Week 2

### Monday

#### Snack

- Green pepper slices
- Cheddar cheese cubes
- Water

#### Lunch

- Meat lasagna with whole grain pasta and lean, ground beef
- Cauliflower
- Thawed, frozen mango chunks
- Milk

#### Snack

- Tuna (canned, light) salad on whole grain crackers
- Orange slices
- Water

### Tuesday

#### Snack

- Plain oatmeal with grated apple and cinnamon
- Water

#### Lunch

- Stir-fry chicken with carrots and broccoli
- Brown rice
- Purple plum, sliced or chopped
- Milk

#### Snack

- Whole wheat pita wedges
- Cherry tomatoes, quartered
- Milk

### Wednesday

#### Snack

- Whole grain wheat square cereal
- Granny smith apple slices
- Milk

#### Lunch

- Egg salad on whole grain bun
- Sautéed green kale
- Purple grapes, quartered
- Milk

#### Snack

- Yogurt for dipping
- Fruit chunks (melon, pineapple, apple)
- Water

### Thursday

#### Snack

- Whole grain French toast
- Thawed, frozen mixed berries
- Water

#### Lunch

- Homemade lentil and vegetable (carrots, celery) soup
- Whole grain bun
- Sliced kiwi
- Milk

#### Snack

- Flavoured kefir
- Mango slices
- Water

### Friday

#### Snack

- Strawberry smoothie made with milk, frozen strawberries and plain yogurt

#### Lunch

- Chicken, cheese and red pepper quesadillas made with whole grain tortillas
- Sliced pears
- Milk

#### Snack

- Guacamole made with avocados and plum tomatoes
- Whole grain crackers
- Water

## Week 3

### Monday

#### Snack

- Small bran muffin
- Sliced nectarine
- Water

#### Lunch

- Broccoli and cheddar mini quiches
- Whole grain toast with non-hydrogenated margarine
- Golden delicious apple slices
- Milk

#### Snack

- O-shaped oat cereal
- Raspberries
- Milk

### Tuesday

#### Snack

- Yogurt with granola
- Banana, chopped
- Water

#### Lunch

- Salmon cakes or mini patties
- Whole grain brown rice
- Bok choy
- Pink grapefruit slices
- Milk

#### Snack

- Blackberries
- Wheat square cereal and milk

### Wednesday

#### Snack

- Whole grain bagel with 1 tsp. jam
- Apricot slices
- Milk

#### Lunch

- Lentil dhal with whole grain brown rice
- Green beans
- Watermelon slices
- Milk

#### Snack

- Yogurt
- Green grapes, quartered
- Water

### Thursday

#### Snack

- Hardboiled egg
- Red and green pepper strips
- Milk

#### Lunch

- Chicken thighs with whole grain couscous
- Sautéed zucchini
- Thawed, frozen cherries, chopped (no pits)
- Milk

#### Snack

- Whole wheat bread sticks
- Cantaloupe chunks
- Water

### Friday

#### Snack

- Oat bran cereal
- Clementine oranges
- Milk

#### Lunch

- Homemade vegetable minestrone soup made with whole grain pasta, kidney and white beans, carrots and celery
- Pear slices
- Milk

#### Snack

- Edamame (young green soy beans)
- Whole grain crackers
- Water

## Week 4

### Monday

#### Snack

- Shredded wheat cereal
- Banana
- Milk

#### Lunch

- Tuna melts with cheddar cheese on whole grain bread
- Yellow and green beans
- Apple slices sprinkled with cinnamon
- Milk

#### Snack

- Cottage cheese
- Fresh berries
- Water

### Tuesday

#### Snack

- Whole grain toast with non-hydrogenated margarine
- Yellow grapefruit, chopped
- Milk

#### Lunch

- Whole grain spaghetti with tomato and meat sauce
- Zucchini sticks with ranch dip
- Red plum slices
- Milk

#### Snack

- Yogurt
- Papaya slices
- Water

### Wednesday

#### Snack

- Small homemade oatmeal muffin
- Figs, fresh
- Milk

### Lunch

- Chickpea curry made with canned tomatoes
- Cucumber and carrot sticks
- Whole grain pita
- Milk

#### Snack

- Whole grain crackers with Tzatziki dip
- Mandarin oranges
- Water

### Thursday

#### Snack

- Whole grain tortilla, banana and vanilla yogurt wrapped up and sliced into pinwheels
- Water

#### Lunch

- Homemade sloppy Joe sandwiches made with ground turkey and canned tomatoes
- Whole grain bun
- Cooked broccoli
- Milk

#### Snack

- Whole grain crackers
- Honeydew melon slices
- Milk

### Friday

#### Snack

- Whole wheat English muffin, toasted with cheddar cheese and tomato slices
- Milk

#### Lunch

- Black bean tacos with whole grain soft tortillas
- Cooked squash
- Banana, sliced
- Milk

#### Snack

- Trail mix made with two types of whole grain cereal
- Red grapes, quartered and water

For more information on menu planning, refer to [york.ca/childcarenutrition](http://york.ca/childcarenutrition) and the [Menu and Nutrition Environment Self-Assessment Tool for Child Care Settings](#). 2018.