

SAMPLE FOUR WEEK PRESCHOOLER MENU

This resource is based on the nutrition guidelines outlined in the [Child Care Menu Planning Practical Guide, January 2024](#). Use it as inspiration or for ideas for your own menu planning.

Week 1

Monday

Snack

- Unsweetened applesauce
- Pumpkin muffin made with whole wheat flour

Lunch

- Whole grain penne pasta with lentil tomato sauce
- Garden salad with spinach, orange peppers and dressing
- Thawed, frozen strawberries
- Milk

Snack

- Marble cheese cubes
- Banana

Tuesday

Snack

- Yogurt
- Honeydew melon chunks

Lunch

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

Snack

- Whole grain mini pitas and hummus
- Carrots, sliced very thinly or grated
- Bean dip

Wednesday

Snack

- Plain oatmeal with blueberries

Lunch

- Vegetarian chili made with kidney and white beans, low sodium canned tomatoes, corn 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
- Sliced Royal gala apple

Lunch

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

Snack

- Snow peas
- Sliced mozzarella cheese

Friday

Snack

- Pancakes made with whole wheat flour
- Topped with chopped, soft pears and cinnamon

Lunch

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

Snack

- Greek yogurt
- Dried seaweed

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Week 2

Monday

Snack

- Green pepper slices
- Cheddar cheese cubes

Lunch

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

Snack

- Tuna (canned, light) salad on whole grain crackers
- Mandarin orange

Tuesday

Snack

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

Lunch

- Stir-fried tofu with carrots and broccoli
- Whole grain brown rice
- Purple plum, sliced or chopped
- Milk

Snack

- Whole wheat tortilla wedges
- Refried beans for dipping
- Cherry tomatoes, quartered or chopped

Wednesday

Snack

- Whole grain wheat square cereal
- Granny smith apple slices

Lunch

- Chicken kofta with whole wheat pita
- Sautéed green kale
- Purple grapes, quartered
- Milk

Snack

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

Thursday

Snack

- Whole grain French toast
- Thawed, frozen mixed berries

Lunch

- Lentil and vegetable (carrots, celery, leek) soup
- Bulgar pilaf
- Sliced kiwi
- Milk

Snack

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

Friday

Snack

- Plain oatmeal with grated apple and cinnamon

Lunch

- Chicken, black bean, corn, cheese and green pepper quesadillas made with whole grain tortillas
- Salsa for dipping
- Sliced pears
- Milk

Snack

- Flavoured kefir
- Thawed, frozen peach slices

Week 3

Monday

Snack

- Small bran muffin
- Sliced nectarine

Lunch

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

Snack

- O-shaped oat cereal with milk
- Raspberries (fresh or frozen)

Tuesday

Snack

- Yogurt with whole grain cereal for topping
- Banana, chopped

Lunch

- Salmon cakes or mini patties
- Barley "risotto"
- Stir-fried Bok choy
- Pink grapefruit slices
- Milk

Snack

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

Wednesday

Snack

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

Lunch

- Lentil dhal made with low sodium crushed tomatoes
- Whole wheat naan
- Green beans
- Watermelon slices
- Milk

Snack

- Yogurt
- Green grapes, quartered

Thursday

Snack

- Hardboiled egg
- Red and green pepper strips

Lunch

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

Snack

- Blackberries
- Whole grain wheat square cereal and milk

Friday

Snack

- Ricotta cheese
- Clementine oranges

Lunch

- Vegetable minestrone soup made with whole grain pasta, kidney and white beans, carrots, green cabbage, spinach and low sodium canned tomatoes
- Whole wheat roti
- Pear slices
- Milk

Snack

- Whole wheat bread sticks
- Cantaloupe chunks

Week 4

Monday

Snack

- Shredded wheat cereal and milk
- Banana slices

Lunch

- Tuna melts with cheddar cheese on whole grain bread
- Asparagus
- Apple slices sprinkled with cinnamon
- Milk

Snack

- Whole wheat melba toasts with hummus
- Cucumber and tomato slices

Tuesday

Snack

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

Lunch

- Whole grain spaghetti with tomato and meat sauce
- Roasted Brussels sprouts
- Red plum slices
- Milk

Snack

- Yogurt
- Papaya slices

Wednesday

Snack

- Small, oatmeal muffin
- Figs, fresh

Lunch

- Chickpea curry made with low sodium canned tomatoes
- Okra
- Whole grain pita
- Milk

Snack

- Sliced Swiss cheese
- Carrots sliced very thinly or grated and cucumber spears

Thursday

Snack

- Whole grain tortilla, banana and cream cheese wrapped up and sliced into pinwheels

Lunch

- Breaded and baked tofu with tomato sauce for dipping
- Steamed peas and carrots
- Whole grain bun
- Sliced nectarines
- Milk

Snack

- Yogurt
- Honeydew melon slices

Friday

Snack

- Cottage cheese
- Fresh berries

Lunch

- Black bean tacos with whole grain soft tortillas, topped with tomatoes, shredded cabbage and avocados
- Cooked squash
- Banana, sliced
- Milk

Snack

- Trail mix made with two types of whole grain cereal
- Raw snowpeas

Tap water must always be available. For more information on menu planning visit www.york.ca/childcarenutrition. 2024.