

MACCPF Centre Menu

WEEK ONE

	MON	TUE	WED	THUR	FRI
AM	Cereal & Milk	oatmeal	Whole wheat bread	Graham cracker	Nutri-grain bar
	fruit	Dried fruit	Wow butter/fruit spread	Fruit smoothie	apple sauce
	water	water	Apple slices water	water	water
PM	Whole wheat wraps	Graham crackers	Caesar salad	Whole wheat tortilla chips	Rice cakes cream cheese
	Cucumbers carrots	veggies	croutons	Cheese/salsa veggies	Red peppers cucumbers
	Hummus water	water	water	water	water

WEEK TWO

	MON	TUE	WED	THUR	FRI
AM	Arrowroot crackers	Mini Bagels Flavoured cream cheese	Rice Cakes Wow Butter	Whole Grain Crackers	Graham cracker
	Fruit bar	applesauce	Canned fruit	Cheese oranges	Fruit smoothie
	water	water	water	water	water
PM	English muffin pizza	Cottage cheese	Granola bar	Beans in tomato sauce	oatmeal
	veggies	fruit	Dried fruit	veggies	Frozen blueberries
	water	water	water	water	water

1 serving veg/fruit and 1 serving of either grains, milk & alternatives, meat & alternatives.

WEEK THREE

	MON	TUE	WED	THUR	FRI
AM	Cereal	Mini bagels Cream Cheese	Cereal milk	Whole wheat wraps	Melba Toast
	Yogurt parfait	Fruit cocktail	Sliced frozen strawberries	Cinnamon apples	Cheese cubes
	Frozen blueberries	water	water	water	Canned peaches
PM	Naan bread	pretzels	Cheese quesadillas	Ritz Crackers	Frozen yogurt tubes
	Pizza sauce veggies	fruit	Green peppers carrots	Oranges	fruit
	water	water	water	water	water

WEEK FOUR

	MON	TUE	WED	THUR	FRI
AM	Whole wheat toast	Whole Wheat Wrap wow butter	Cereal milk	Trail mix	yogurt
	Wow butter/jam	Banana	fruit	Dried fruit	Frozen fruit
	dried fruit	water	water	water	water
PM	breadsticks	Whole wheat tortilla chips	Salad & dressing	Whole wheat crackers	Granola bar
	applesauce	Cheese/salsa	croutons	Cheese cubes	Canned fruit
	water	veggies	water	veggies	water