

# CHURCH OF THE NAZARENE DAYCARE

Clayton Keats, Associate Pastor / Daycare Director

2111 Centennial St., Whitehorse YT. Y1A 3Z6

APRIL 2018

The following menu is a generic two-week menu created for quick reference. Please note that it is subject to change based on availability of certain items.

There will be variations of meat and vegetables in the soups and pasta lunches to keep the meals interesting but the four food groups as listed in the Canada Food Guide will always be accommodated for all lunches served by us.

## WEEK ONE

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	G/D English Muffins Milk	G/D Cereal/Milk	G/D Waffles Milk	G/D/F Toast Dippers Yoghurt or Apple Sauce	G/D Pancake Milk
Lunch	Chicken Fried Rice Veggies Cheese		Hash Brown Pizza Crackers		Sloppy Joes Cheese
	Hamburgers with Buns Fries Cheese		Soup/Yogurt Tubes		Rice Sweet and Sour Meatballs Veggies Cheese Stringers
PM Snack	F/G Trail Mix including fruit	F/G Apple Sauce with Crackers	G/M/D Rice Cakes Meat or Cheese	F/G Muffins or Banana Bread Fruit	G/D Cheese and Crackers

## WEEK TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	G/D Cinnamon Buns/ Milk	G/D Cereal Milk	G/D Bagels Milk	V/G/D Hash Browns Toast Milk	G/D Waffles Milk
Lunch	Chicken Nuggets French Fries Veggies Cheese ½ slice Bread		Mac and Cheese Wieners Veggies		Make a Pizza
	Ham Mashed Potato ½ Slice Bread Yoghurt Tubes		Hot Dogs French Fries Veggies Cheese		Beef or Chicken Veggie Stir Fry with Cheese Stringer
PM Snack	F/G Granola Bars Fruit	F/G Fruit Crackers	G/D Nachos Cheese	G/F Jam Filled Buns Fruit	G/D Crackers Yogurt