

# The Daycare PITT Stop Inc.

## Winter Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>  <b>with water</b>  <b>9:00 AM</b>	Cereal & Milk	Scrambled Eggs & Tater Tots	Yogurt Granola Bananas	Pancakes & Fruit Syrup	Rolled Cinnabuns & Bananas
<b>Lunch</b>  <b>with milk</b>  <b>11:30 AM</b>	Meatballs Rice Green Beans	Soup & Bun	Chicken or Turkey Mashed Potatoes Vegetables	Spaghetti Vegetable Sauce & Caesar Salad	Ham, Cheese & Broccoli Buns
<b>PM Snack</b>  <b>with water</b>  <b>3:00 PM</b>	Homemade Pretzels Cucumbers	Muffin & Fruit	Rice Cakes & Applesauce	Apple Crisp OR Fruit Crisp	Veggie Tray & Ranch

All meals and snacks are built around Canada's Food Guide (2025). We will focus whole foods when possible, with low salt and sugar content.

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## Winter Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>  <b>with water</b>  <b>9:00 AM</b>	Apple Nachos	Green Smoothie Graham Cracker	French Toast Casserole	Waffles & Fruit	Oatmeal & Fruit
<b>Lunch</b>  <b>with milk</b>  <b>11:30 AM</b>	Grilled Cheese Sandwiches & Tomato Soup	Deconstructed Sheppard's Pie	Ham Rice Honey Carrots	Lazy Lasagne & Tossed Salad	Popcorn Chicken or Chicken Fingers w/ fries and veggies
<b>PM Snack</b>  <b>with water</b>  <b>3:00 PM</b>	Fresh Fruit & Veggie Straws	Lemon Poppy Seed Loaf	Cinnamon Chips Applesauce	Banana Muffins	Trail Mix

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## Winter Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>  <b>with water</b>  <b>9:00 AM</b>	English Muffin Breakfast Sandwich	Cereal & Milk	Fruit Tray	Banana Bread	Waffles & Fruit Syrup
<b>Lunch</b>  <b>with milk</b>  <b>11:30 AM</b>	Chicken Fettucine Cooked Carrots	Meatballs Rice Green Beans	Perogies w/ Salami & Peppers Sour Cream	Chili & Bun	Sausages Mashed Potatoes Green Peas
<b>PM Snack</b>  <b>with water</b>  <b>3:00 PM</b>	Cheese Crackers Pickles	Muffin & Fruit Cocktail	Apples w/ WOW butter	Cookies & Melons	Puffed Wheat or Rice Krispie Squares w/ peach slices

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Winter Menu – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b> <b>with water</b> <b>9:00 AM</b>	Yogurt & Granola	Banana Pancakes	Smoothies & Graham Crackers	Waffles & Fruit Syrup	Oatmeal w/ Fruit
<b>Lunch</b> <b>with milk</b> <b>11:30 AM</b>	Cheeseburger & Salad	Macaroni & Cheese w/ Mixed Veggies	Pizza Day & Fresh Veggies	Chili & Bun	Ham & Cheese Frittata
<b>PM Snack</b> <b>with water</b> <b>3:00 PM</b>	Rice Cakes & Carrots/Celery	Homemade Granola Bar	Veggie Straws & Fruit Cocktail	Muffin & Mandarin Oranges	Trail Mix

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WINTER 2025