



# St. Lawrence Infant/Toddler Weekly Menu 2022


Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Cereal (low sugar options) Fruit*	ww toast with apricot jam, soy butter Fruit*	ww pancakes Fruit*	Peaches with low sugar yogurt and graham crackers	Whole grain banana bread Fruit*
Lunch	Tuna casserole with mushrooms and low-fat cheddar (mushroom, broccoli, carrots, ww penne) Fruit*	Turkey shepherds pie (turkey, potato, carrots, kale, mushrooms), ww rolls Fruit*	Vegetable soup with ww cheese ravioli (squash, pumpkin, cauliflower, kale, red lentil), ww garlic bread Fruit*	Chicken stew (potato, squash, celery, carrots,) served with brown rice, green beans Fruit*	ww egg noodle stir fry (tofu, snow peas, zucchini, green, red pepper, carrots, cabbage) Fruit*
P.M. Snack	Oatmeal and apple cookies Fruit*	Blueberry muffins Fruit*	Cinnamon pear scones Fruit*	Digestive cookies Fruit*	ww bagel and low-fat cream cheese, jam Fruit*

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Cereal (low sugar options) Fruit*	ww toast with apricot jam, soy butter Fruit*	ww pancakes Fruit*	Peaches with low sugar yogurt and graham crackers	Whole grain banana bread Fruit*
Lunch	Salmon burgers (carrots, dill, onions) sweet potato fries served with ww buns, broccoli and cauliflower Fruit*	Turkey meatballs (white beans, celery, onions, carrots, green peppers, ) served with mashed potatoes, Peas and carrots, ww bread Fruit*	ww Eggplant and ricotta lasagna (green peppers, zucchini, tofu squash) Tomato sauce and low-fat mozzarella, ww rolls Fruit*	Chicken and corn soup, ww noodles (green onions, corn, eggs), with mixed vegetable salad (broccoli, carrot, cucumber, green and red pepper) Fruit*	ww spaghetti with tofu bolognese (carrot, green pepper, zucchini, tomatoes, tofu), ww garlic bread and bean salad Fruit*
P.M. Snack	Unsweetened applesauce and multigrain crackers	ww lemon loaf with Fruit*	Multigrain crackers with low-fat cheddar cheese Fruit*	Oat bars Fruit*	ww cheddar biscuit Fruit*

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Cereal (low sugar options) Fruit*	ww toast with apricot jam, soy butter Fruit*	ww pancakes Fruit*	Peaches with low sugar yogurt and graham crackers	Whole grain banana bread Fruit*
Lunch	White fish, lemon herb sauce, ww couscous salad (green peppers)\ cucumber, red pepper) beets and carrots Fruit*	Mac and cheese (ww macaroni, whole milk, cheddar, puree carrots and sweet potato) bean salad Fruit*	Turkey meatloaf, mashed potato green beans and vegetable gravy, squash , ww rolls Fruit*	Butter chicken, Brown basmati rice, cucumber and broccoli coleslaw Fruit*	Spring tofu soup (scallions, peas, mushrooms, sweet potato), ww cheese sandwiches Fruit*
P.M. Snack	Pizza rolls (ww pizza dough, tomato sauce, low fat mozzarella) Fruit*	Unsweetened applesauce and digestive cookies	Mini ww cinnamon raisin pitas and cream cheese served Fruit*	Oatmeal cranberry pear crisp Fruit*	Low fat cheddar cheese and ww crackers

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Cereal (low sugar options) Fruit*	ww toast with apricot jam, soy butter Fruit*	ww pancakes Fruit*	Peaches with low sugar yogurt and graham crackers	Whole grain banana bread Fruit*
Lunch	ww tuna salad sandwiches, tomato soup, green pepper and cucumber sticks Fruit*	Turkey burgers(carrots, onion celery) ww rolls, potato wedges, squash and green beans Fruit*	ww pasta primavera (broccoli, basil, carrots, red peppers, feta cheese, tofu) Fruit*	BBQ chicken breast with ww brown rice and creamy broccoli salad (broccoli, squash, mayonnaise), ww rolls Fruit*	Tofu and broccoli stir fry (broccoli, carrots, tofu, snow peas, cabbage) with fried rice (brown rice, egg, peas and carrots) Fruit*
P.M. Snack	Apple cinnamon bread Fruit*	Oat bar Fruit*	ww breadsticks with unsweetened applesauce	ww cranberry orange scones, jam Fruit*	Mini ww bagels, cream cheese milk Fruit*

- All meals served with milk
- \*Fruit will be posted by Kitchen
- All cheese used is low fat
- Seasonal fruit includes, but not limited to: oranges, grapes, pears, bananas, apples
- Seasonal vegetables includes, but not limited to: carrots, broccoli, cauliflower, cucumbers, squash, turnip and in season veggies
- Multigrain crackers will be offered at 5:30pm (during regular operational hours)/5:00pm (during reduced hours)
- Water is available at all times



# St. Lawrence Infant/Toddler Weekly Vegetarian Menu 2022

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Cereal (low sugar options) Fruit* and milk	ww toast with apricot jam, soy butter fruit* and milk	ww pancakes Fruit* and milk	Peaches with low sugar, yogurt and graham crackers, milk	Whole grain banana bread Fruit* and milk
Lunch	Chickpea Casserole with mushrooms and low fat cheddar (mushroom, broccoli, carrots ww penne) Milk and Fruit	Four bean shepherds pie (lentil, potato, carrots, kale, mushrooms) WW Rolls served with milk and fruit	Vegetable soup with ww cheese ravioli (squash, pumpkin, cauliflower, kale, red lentil), ww garlic bread. Milk And Fruit*	Chickpea stew (potato, squash, celery, carrots,) served with brown rice, green beans milk and fruit	ww egg noodle stir fry (tofu, snow peas, zucchini, green, red pepper, carrots, cabbage) Milk and Fruit*
P.M. Snack	Oatmeal and apple cookies, Milk and Fruit*	Blueberry muffins , Milk and Fruit*	Cinnamon pear scones, Milk and Fruit*	Digestive cookies, Milk and Fruit*	ww bagel and low-fat cream cheese, jam Milk and Fruit*

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Cereal (low sugar options) Fruit* and milk	ww toast with apricot jam, soy butter fruit* and milk	ww pancakes Fruit* and milk	Peaches with low sugar, yogurt and graham crackers, milk	Whole grain banana bread Fruit* and milk
Lunch	Tofu, lemon herb sauce, ww couscous salad (green peppers, cucumber, red pepper) beets and carrots Milk and fruit*	Mac and cheese (ww macaroni, whole milk, cheddar, puree carrots and sweet potato) bean salad Milk and fruit*	Black bean meatloaf, mashed potato green beans and vegetable gravy, squash , WW rolls Milk and fruit*	Tofu chicken, Brown basmati rice, cucumber and broccoli coleslaw Milk and fruit*	Spring tofu soup (scallions, peas, mushrooms, sweet potato) ww Cheese sandwiches milk and fruit*
P.M. Snack	Pizza rolls (ww pizza dough, tomato sauce, low fat mozzarella), milk and Fruit*	Unsweetened applesauce and digestive cookies, milk and Fruit*	Mini ww cinnamon raisin pitas and cream cheese, milk and Fruit*	Oatmeal cranberry pear crisp, milk and Fruit*	Low fat cheddar cheese and ww crackers, milk and Fruit*

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Cereal (low sugar options) Fruit* and milk	ww toast with apricot jam, soy butter fruit* and milk	ww pancakes Fruit* and milk	Peaches with low sugar, yogurt and graham crackers, milk	Whole grain banana bread Fruit* and milk
Lunch	Tofu burgers (carrots, dill, onions) sweet potato fries served with WW buns, broccoli and cauliflower. milk and fruit*	White bean meatballs (white beans, celery, onions, carrots, green peppers, ) served with mashed potatoes, Peas and carrots, ww bread milk and fruit*	ww eggplant and ricotta lasagna (green peppers, zucchini, tofu squash) Tomato sauce and low fat mozzarella, WW rolls served with fruit* and milk	Chickpea and corn soup, ww noodles (green onions, corn, eggs) Mixed vegetable salad (broccoli, carrot, cucumber, green and red pepper) fruit* and milk.	ww spaghetti with tofu Bolognese (carrot, green pepper, zucchini, tomatoes, tofu) ww garlic bread, bean salad, milk and fruit*
P.M. Snack	Unsweetened applesauce and multigrain crackers, Milk	ww lemon loaf with milk and Fruit*	Multigrain crackers with low-fat cheddar cheese, milk and Fruit*	Oat bars, milk Fruit*	ww cheddar biscuit milk and Fruit*

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Cereal (low sugar options) Fruit* and milk	ww toast with apricot jam, soy butter fruit* and milk	ww pancakes Fruit* and milk	Peaches with low sugar, yogurt and graham crackers, milk	Whole grain banana bread Fruit* and milk
Lunch	ww cheddar sandwiches, tomato soup, green pepper and cucumber sticks served with milk and fruit	White bean burgers(carrots, onion celery) WW rolls, potato wedges, squash and green beans Milk and Fruit	ww pasta primavera (broccoli, basil, carrots, red peppers, feta cheese, tofu) served with milk and fruit	BBQ tofu breast with ww brown rice and creamy broccoli salad (broccoli, squash, mayonnaise) WW rolls milk and fruit	Tofu and broccoli stir fry (broccoli, carrots, tofu, snow peas, cabbage) Fried rice (brown rice, egg, peas and carrots) milk and fruit
P.M. Snack	Apple cinnamon bread, Milk and Fruit*	Oat bar, Milk and Fruit*	ww breadsticks with unsweetened applesauce, milk	ww cranberry orange scones, jam, milk and Fruit*	Mini ww bagels, cream cheese milk and Fruit*

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