

ALTERNATIVE MENU

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date :	Date :	Date :	Date :	Date :
Toast/jam Mozzarella cheese Fruit	English muffins / sliced cheese Fruit	Cereals and toast Fruit	Cheese sandwiches Fruit	Bagels/jam Fruit
WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date :	Date :	Date :	Date :	Date :
English muffins/jam Fruit	Toast/jam Mozzarella cheese Fruit	Bagels/cream cheese Fruit	Cereals and toast Fruit	Waffles Mozzarella cheese Fruits
WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date :	Date :	Date :	Date :	Date :
Cereals and toast Fruit	Bagels/jam Mozzarella cheese Fruit	Cheese sandwiches Fruit	English muffins/sliced cheese Fruit	Toast/jam Mozzarella cheese Fruit
WEEK 4				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date :	Date :	Date :	Date :	Date :
Croissants / sliced cheese Fruit	Toast/jam Mozzarella cheese Fruit	English muffins/jam Fruit	Cereals and toast Fruit	Bagels/jam Fruit

**Serve 2 meals/week with juice, 3 meals/week with milk. It's important to serve milk when maple syrup is on the menu. Offer water at each breakfast.*

**Offer one milk product, other than milk, per meal (yogurt or cheese)*

** For more information concerning the preparation instructions, please refer to the lexicon.*

** Once a month, you may have a « leftover-day » in order to reduce loss. During this day, you may offer more than one choice of meals.*