



Healthy Eating, Happy Learning!



JINGBAO™ BILINGUAL MONTESSORI SCHOOL

Week 1

Period	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snacks	Seasonal fruit Raisin bread Milk	Seasonal fruit Cereal Milk	Seasonal fruit Bread w/ jam Milk	Seasonal fruit Oatmeal Milk	Seasonal fruit Butter croissants Milk
Lunch	Chicken fried rice Green salad Milk	Spaghetti w/meatballs Green salad Milk	Mini Pizza Mixed vegetable Milk	Baked Chicken fingers Vegetable sticks Milk	Soup & Sandwiches Baby carrots Milk
	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p>Canadian New Food Guideline</p> </div> <div style="text-align: center;"> <p>Your plate</p> </div> <div style="text-align: center;"> <p>Make water your drink of choice</p> </div> </div>				
Afternoon Snack	Seasonal fruit Rice cake	Vegetable with Veggie dip Breadsticks	Red & green pepper Tortillas w/ dip	Sliced Vegetable Whole wheat Pita w/ egg salad	<p>Kids DIY Snacks Day (we will make our own cookie, rice crispy and fruit salad, etc)</p>

*Please advise us with any allergies



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Week 2

Period	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snacks	Seasonal fruit Oatmeal Milk	Seasonal fruit Bread w/ jam Milk	Seasonal fruit Multigrain cereal Milk	Seasonal fruit Crackers with cheese Milk	Seasonal fruit Multigrain Bagel w/ butter Milk
Lunch	Rice w/ lentils Green salad Milk	Sloppy Joes on bun Vegetable sticks Milk	Spaghetti w/meat sauce Green salad Milk	Chicken Wrap Chopped vegetables Milk	Rice and meatballs in tomato sauce Green peas Milk
	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p>Canadian New Food Guideline</p> </div> <div style="text-align: center;"> <p>Your plate</p> </div> <div style="text-align: center;"> <p>Make water your drink of choice</p> </div> </div>				
Afternoon Snack	Fish cracker Vegetable & dip	Fruit yogurt Breadsticks	Seasonal fruit Wheat Crackers w/ Hummus	Seasonal fruit Mini muffins	Seasonal fruit Multigrain cookies

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Week 3

Period	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snacks	Seasonal fruit Bread w/ butter Milk	Seasonal fruit Multigrain cereal Milk	Seasonal fruit Butter croissants Milk	Seasonal fruit Oatmeal Milk	Seasonal fruit Bread w/ jam Milk
Lunch	Rice & ground beef in tomato sauce Mixed vegetables Milk	Macaroni & Cheese Mixed vegetables Milk	Soup & Sandwiches Baby carrots Milk	Chinese noodles Sliced cucumbers Milk	Beef Taco wrap Diced vegetables Milk
	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p>Canadian New Food Guideline</p> </div> <div style="text-align: center;"> <p>Your plate</p> </div> <div style="text-align: center;"> <p>Make water your drink of choice</p> </div> </div>				
Afternoon Snack	Seasonal fruit Mini Pizza	Seasonal fruit Pita bread w/hummus	Seasonal fruit House-made multi- grain cake	Seasonal fruit Crackers w/ egg salad	Seasonal fruit Mini muffin

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Week 4

Period	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snacks	Seasonal fruit Bread w/butter Milk	Seasonal fruit Multigrain cereal Milk	Seasonal fruit Oatmeal Milk	Seasonal fruit Crackers w/cheese Milk	Seasonal fruit Bread w/ jam Milk
Lunch	Rice w/ lentils Green salad Milk	Chicken wraps Vegetables sticks Milk	Chili kidney beans in tomato sauce Green peas Milk	Macaroni & cheese Mixed vegetables Milk	Baked chicken nuggets Vegetable sticks Milk
	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p>Canadian New Food Guideline</p> </div> <div style="text-align: center;"> <p>Your plate</p> </div> <div style="text-align: center;"> <p>Make water your drink of choice</p> </div> </div>				
Afternoon Snack	Seasonal fruit Grain Crackers	Seasonal fruit Pita bread w/jam	Apple Sauce w/ Grain Cookies	Seasonal fruit Melba toast w/egg salad	Seasonal fruit House-made cake

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