






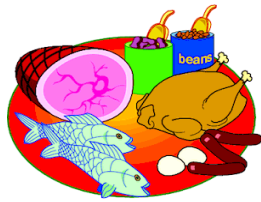
Healthy eating, happy kids!

Effective: April 1st, 2024 - September 30, 2024



# JINGBAO™ BILINGUAL MONTESSORI SCHOOL

Week 1

| Period   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|--|
| Morning Snacks   | Rice Krispies Cereal<br>Milk                   | Organic Granola,<br>Strawberry yogurt                    | Ozery Bakery<br>Cranberry Morning<br>Rounds, Milk                              | Raisin bread<br>Milk   | Mini Butter croissants<br>Milk   |
| Lunch  | Spaghetti w/ beef<br>Corn, Fresh fruit<br>Milk | Mini Pizza,<br>Celery and carrot,<br>Fresh fruit<br>Milk | Coconut chickpea<br>curry with onion and<br>tomato, rice, Fresh<br>fruit, Milk | Beef Burger,<br>Whole Wheat Bun,<br>Green Salad (green and<br>purple cabbage)<br>Fresh fruit, Milk | Chicken Pasta Salad<br>(corn, cucumber &<br>tomato) Fresh fruit,<br>Milk |
| <p>Canadian Daily Food Guide (for kids 2-12 years old)</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Vegetable &amp; Fruit<br/>4-5 servings</p> </div> <div style="text-align: center;">  <p>Grain Products<br/>3-4 serving</p> </div> <div style="text-align: center;">  <p>Milk &amp; Alternatives<br/>2 servings</p> </div> <div style="text-align: center;">  <p>Meat &amp; Alternative<br/>1 serving</p> </div> </div> |  |  |  |  |  |
| Afternoon Snack  | JINGBAO™ Pancake<br>Fresh fruit                | Red & green pepper<br>Tortillas w/ dip                   | Rice cake w/<br>Wowbutter,<br>Cucumber slices                                  | Pita Bites w/ Humms,<br>Baby carrots   | Digestive cookies with<br>cheese strings                                 |

\*Please advise us with any allergies



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# 京宝宝 JINGBAO™ BILINGUAL MONTESSORI SCHOOL

Week 2

| Period  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|---|--|---|--|---|
| Morning Snacks  | Corn Flakes Cereal With Milk                                | Oatmeal with raisin bread                                      | Ozery Bakery Blueberry Morning Rounds, Milk                                       | Mini Butter croissants Milk                        | Hard boiled egg with Organic Unsweetened Applesauce                     |
| Lunch   | Meatball with mashed potato, green peas, Fresh fruits, Milk | Baked fish, tartar sauce, 100% Natural Corn, Fresh fruit, Milk | Chinese-style stir fried Rice with egg, pea, corn, and carrot, Fresh fruits, Milk | Chicken Wrap with sweet potato, Fresh fruits, Milk | Mac'n cheese, Chopped vegetables (carrot and celery) Fresh fruits, Milk |
| <p>Canadian Daily Food Guide (for kids 2-12 years old)</p> <p>Vegetable &amp; Fruit 4-5 servings + Grain Products 3-4 serving + Milk &amp; Alternatives 2 servings + Meat &amp; Alternative 1 serving</p> |   |  |   |  |   |
| Afternoon Snack   | Fish cracker Vegetable and dip                              | Whole Wheat Crackers w/ cheese                                 | Banana/strawberry smoothie with whole wheat bread                                 | banana roll up with whole wheat wrap Wowbutter     | Multigrain cereal mix, Fresh fruit                                      |

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BILINGUAL MONTESSORI SCHOOL

Week 3

| Period   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|--|---|---|---|--|
| Morning Snacks   | Apple & Cinnamon Oat Bars, Milk                    | Organic Granola, vanilla yogurt                                   | Mini Butter croissants Milk                                       | Rice Krispies Cereal, Milk                                    | JINGBAO™ Carrot Cake, Milk                         |
| Lunch  | Chicken Noodle Soup, Mini Buns, Fresh fruits, Milk | Chinese noodles with egg and diced tomato, Sliced cucumbers, Milk | Shepherd's pie (beef, corn, pea, mashed potato) Fresh fruit, Milk | Chicken Pasta Salad (cucumber, corn, tomato) Fresh fruit Milk | Beef Taco wrap Diced vegetables Fresh fruits, Milk |
| <p>Canadian Daily Food Guide (for kids 2-12 years old)</p> <p>Vegetable &amp; Fruit 4-5 servings      Grain Products 3-4servings      Milk &amp; Alternatives 2 servings      Meat &amp; Alternative 1 serving</p> |  |   |   |   |  |
| Afternoon Snack  | JINGBAO™ Pancake Fresh fruit                       | Christie Arrowroot Biscuits, Fresh fruits                         | Whole Wheat Mini Pitas, Hummus, Fresh fruit                       | Unsalted cracker, Cheese, Fresh fruit                         | Digestive Cookies, Fresh fruit                     |

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JINGBAO™

BILINGUAL MONTESSORI SCHOOL

Week 4

| Period   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|--|---|--|---|---|
| Morning Snacks   | Ozery Bakery Cranberry Morning Rounds, Milk                    | Corn Flakes Cereal With Milk  | JINGBAO™ Blueberry cake, Oatmeal                         | Hard boiled egg with applesauce                                   | Mini Butter croissants, Milk                      |
| Lunch  | Rice with lentils, Green salad (green and purple cabbage) Milk | Chinese-style stir fried Rice with egg, pea, corn, and carrot, Fresh fruits, Milk | Meatball with hotdog bun, pepper & cucumber slides, Milk | Baked fish w/ tartar sauce, Mashed potato, Vegetable sticks, Milk | Pasta in organic marinara beef sauce, Fruit, Milk |
| <p>Canadian Daily Food Guide (for kids 2-12 years old)</p> <p>Vegetable &amp; Fruit 4-5 servings      Grain Products 3-4 serving      Milk &amp; Alternatives 2 servings      Meat &amp; Alternative 1 serving</p> |  |   |  |   |   |
| Afternoon Snack  | Banana/strawberry smoothie with Raisin bread                   | Multigrain cereal mix, Fresh fruit  | Que Pasa Organic Tortilla Chips Fresh fruit              | Melba toast, baby carrots with dipping sauce                      | banana roll up with whole wheat wrap Wowbutter    |

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