

FALL MENU

DAY	MEAL	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	BREAKFAST	Cereal & Fruit	Cereal & Fruit	Cereal & Fruit	Cereal & Fruit
	LUNCH	Pot Pies & Fresh Veggies	Lasagna & Fresh Veggies	Chicken strips, fries & veggies	Fish sticks, fries & veggies
	SNACK	Banana & Wow Butter Roll ups	Berry & Cream Cheese Roll Ups	Banana & Wow Butter Roll ups	Berry & Cream Cheese Roll Ups
TUES	BREAKFAST	Oatmeal & Berries	Oatmeal & Berries	Oatmeal & Berries	Oatmeal & Berries
	LUNCH	Chili & Biscuits	Chicken Tomato Soup & Biscuits	Chicken & Rice Soup	Beef Stew & Biscuits
	SNACK	Rice cakes & fruit	Oatmeal Cookies & Fruit	Rice cakes & fruit	Oatmeal Cookies & Fruit
WED	BREAKFAST	Yogurt, Berries & Granola	Apple Sauce & Graham Crackers	Yogurt, Berries & Granola	Apple Sauce & Graham Crackers
	LUNCH	Turkey & Veggie Mac & Cheese Bake	Spaghetti with Meat & Veggie Sauce	Butter chicken rice & Veggies	Cheese Burger Casserole bake
	SNACK	Granola Bars, fruit	Pita, Hummus & Veggies	Granola Bars, fruit	Pita, Hummus & Veggies
THURS	BREAKFAST	Muffins & Fruit	Banana Loaf & Fruit	Muffins & Fruit	Banana Loaf & Fruit
	LUNCH	Meatballs, Rice & Veggies	Turkey Sausage, Perogies & Veggies	Meatloaf, rice & veggies	Turkey & Cheese Frittata & veggies
	SNACK	Tortilla chips, salsa & fruit	Cheese, Crackers & veggies	Tortilla chips, salsa & fruit	Cheese, Crackers & veggies
FRI	BREAKFAST	Bagel, cream cheese & fruit	Toast with Jam & Fruit	Bagel, cream cheese & fruit	Toast with Jam & Fruit
	LUNCH	Tortilla Pizza & veggies	Sloppy Jo's & Veggies	Turkey & Cheese Quesadillas & veggies	Pulled Chicken Sandwiches, veggies
	SNACK	Chef's special	Chef's special	Chef's special	Chef's special

**** All meals are served with milk and water for drink choices. A vegetarian option is also available.**

All meals follow the Canada Food Guide. **