

# SPRING MENU

DAY	MEAL	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	<b>BREAKFAST</b>	- Yogurt - Fresh fruit	- Whole wheat cereal - Fresh fruit	- Oatmeal - Fresh fruit	- English muffins with fruit spread - Fresh fruit
	<b>LUNCH</b>	- Beef/Chicken Chili - Biscuits - Salad	- WW pita cheese pizzas - Fresh veggies	- Chicken stir-fry - Rice - Steamed veggies	- Potato Pancakes - Salad
	<b>SNACK</b>	- Blueberry muffins - Fresh fruit	- Ham/turkey cheese wraps - Fresh fruit	- Fresh salsa - Whole wheat chips - Fresh fruit	- Nut Free Trail Mix - Fresh fruit
TUES	<b>BREAKFAST</b>	- Cinnamon French toast - Fresh fruit	- Banana bread - Fresh fruit	- Bagels with cream cheese - Fresh fruit	- Banana chocolate oatmeal cookies - Fresh fruit
	<b>LUNCH</b>	- Chicken fingers - Rice - Steamed veggies	- Taco salad with fixings - Whole wheat tortilla chips	- Perogies - Turkey sausage - Salad	- Butter chicken - Rice - Steamed veggies
	<b>SNACK</b>	- Nut Free Trail Mix - Fresh fruit	- Smoothies with oats - Goldfish crackers	- Rice pudding - Fresh fruit	- Hummus and veggie pita pockets - Fresh fruit
WED	<b>BREAKFAST</b>	- Applesauce - Graham crackers - Fresh fruit	- WW toast with butter - Eggs - Fresh fruit	- Whole wheat cereal - Fresh fruit	- Breakfast wraps - Fresh fruit
	<b>LUNCH</b>	- Ham/Turkey mac 'n cheese - Fresh veggies	- Spaghetti - Garlic bread - Salad	- Meatloaf - Rice - Steamed veggies	- Chicken, veggie and cheese WW quesadillas - Fresh veggies
	<b>SNACK</b>	- Banana and wow butter wraps - Fresh fruit	- Rice cakes with flavored cream cheese - Fresh fruit	- Nut Free Trail Mix - Fresh fruit	- Yogurt - Granola bars - Fresh fruit
THURS	<b>BREAKFAST</b>	- Whole wheat cereal - Fresh fruit	- Whole wheat pancakes - Fresh fruit	- Yogurt - Fresh fruit	- WW cereal with milk - Fresh fruit
	<b>LUNCH</b>	- Pulled chicken sandwiches - Fresh veggies	- Turkey meatballs - Rice - Steamed veggies	- Homemade fish sticks - Sweet potato fries - Salad	- Grilled cheese sandwiches - Tomato soup - Fresh veggies
	<b>SNACK</b>	- Rice pudding - Fresh fruit	- Granola cookies - Fresh fruit	- Fresh veggies & dip - Whole wheat crackers - Cheese slices	- Ham/turkey and cheese scones - Fresh fruit
FRI	<b>BREAKFAST</b>	- Oatmeal - Fresh fruit	- Carrot & zucchini muffins - Fresh fruit	- Whole wheat French toast - Fresh fruit	- Whole wheat pancakes - Fresh fruit
	<b>LUNCH</b>	- Shepherd's pie - Salad	- Ham/turkey and cheese sandwiches - Chicken noodle soup - Fresh veggies	- BLT sandwiches	- Turkey teriyaki stir fry with vegetables - Rice
	<b>SNACK</b>	- Fresh salsa - Whole wheat chips - Fresh fruit	- WW pita chips - Hummus - Fresh fruit	- Carrot muffins - Fresh fruit	- Animal crackers - Apple sauce - Fresh fruit

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

**All meals follow the Canada Food Guide. \*\***