

SPRING 2023 MENU

DAY	MEAL	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	BREAKFAST	Whole Wheat Cereal and Fresh Fruit	Whole Wheat Cereal and Fresh Fruit	Whole Wheat Cereal and Fresh Fruit	Whole Wheat Cereal and Fresh Fruit
	LUNCH	Lasagnas and Steamed Veggies	Pot Pies & Steamed Veggies	Chicken Strips, Fries Fresh Veggies	Perogies, Sausage & Steamed Veggies
	SNACK	Cream Cheese Roll ups and Fruit	Wow Butter Roll Ups and Fruit	Wow Butter Roll Ups and Fruit	Cream Cheese Roll ups and Fruit
TUES	BREAKFAST	Yogurt and Fresh Fruit	Yogurt and Fresh Fruit	Yogurt and Fresh Fruit	Yogurt and Fresh Fruit
	LUNCH	Turkey and Cheese Sandwiches, Fresh Veggies	Grilled Cheese Sandwiches and Fresh Veggies	Turkey & Cheese Sandwiches, Fresh Veggies	Grilled Cheese, Fresh Veggies
	SNACK	Cheese, Crackers and Veggies	Veggies, Hummus and Pita	Cheese, Crackers & Veggies	Veggies, Hummus and Pita
WED	BREAKFAST	Muffins and Fresh Fruit	Muffins and Fresh Fruit	Muffins and Fresh Fruit	Muffins and Fresh Fruit
	LUNCH	Greek Chicken Pasta Salad	Chicken & Veggie Mac & Cheese	Spaghetti & Meat/Veggie Sauce	Meatballs, Rice & Veggies
	SNACK	Granola Bars & Fruit	Rice Cakes and Fruit	Veggies, Hummus and Pita	Rice Cakes and Fruit
THURS	BREAKFAST	Cereal Bars and Fresh Fruit	Cereal Bars and Fresh Fruit	Cereal Bars and Fresh Fruit	Cereal Bars and Fresh Fruit
	LUNCH	Cheese & Veggie Frittata with Pita	Butter Chicken, Rice & Veggies	Meatloaf, Rice & Steamed Veggies	Tuna Melts, Fresh Veggies
	SNACK	Nut-Free Trail Mix and Fresh Fruit	Tortilla Chips, Salsa, Fruit	Granola Bars & Fruit	Tortilla Chips, Salsa, Fruit
FRI	BREAKFAST	Cinnamon Raisin Toast with Butter and Fresh Fruit	Cinnamon Raisin Toast with Butter and Fresh Fruit	Cinnamon Raisin Toast with Butter and Fresh Fruit	Cinnamon Raisin Toast with Butter and Fresh Fruit
	LUNCH	Sloppy Joes & Fresh Veggies	Pulled Chicken Sandwiches & Fresh Veggies	Tortilla Pizzas & Fresh Veggies	Turkey & Cheese Quesadillas & Fresh 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. **