

SUMMER MENU

DAY	MEAL	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	BREAKFAST	- Yogurt with Granola - Fresh fruit	- WW English muffins with fruit spread - Fresh fruit	- Homemade Oatmeal cookies - Fresh fruit	- WW bagels with butter - Bananas with coconut
	LUNCH	- Macaroni ham and cheese - Fresh Veggies	- Whole wheat cheese pita pizza with tomato sauce - Fresh veggies	- Homemade baked or breaded fish - Steamed carrots - Rice	- Beef Chili - Traditional Bannock
	SNACK	- WW tortilla chips - Fresh salsa - Fresh fruit	- Rice pudding - Fresh fruit	- Nut free trail mix - Fresh fruit	- Veggies with ranch dip - Whole wheat crackers
TUES	BREAKFAST	- WW pancakes - Fresh fruit	- Fruit smoothies - Whole wheat toast	- WW toast with butter - Fresh fruit	- Whole Wheat cereal - Fresh fruit
	LUNCH	- Pulled chicken on fresh buns sandwiches - Veggies/salad	- Perogies - Sausage - Salad	- Beef Chili - Cornbread muffins	- Shepherds Pie - Salad
	SNACK	- Scones - Fresh fruit	- Ham/Turkey and cheese wraps - fresh fruit	- Unsweetened applesauce - Graham crackers - Fresh fruit	- Jello - Fresh fruit
WED	BREAKFAST	- Unsweetened applesauce - Graham crackers - Fresh fruit	- Whole wheat cereal - Fresh fruit	- Whole Wheat pancakes - Fresh fruit	- Scrambled eggs - Whole wheat toast - Fresh fruit
	LUNCH	- WW grilled cheese sandwiches - Tomato soup - Carrot sticks	- Chicken with veggie stir fry - Rice	- Macaroni ham and cheese - Fresh Veggies	- Turkey meatballs - Pasta - Steamed veggies
	SNACK	- Nut Free Trail Mix - Fresh fruit	- Whole grain pita - Hummus - Fresh fruit	- Veggies - Gold Fish crackers - Cheese slices	- Nut free trail mix - Fresh fruit
THURS	BREAKFAST	- Banana chocolate chip loaf - Fresh fruit	- French toast with fruit puree - Fresh fruit	- Yogurt parfait with granola - Fresh fruit	- Banana bread muffins - Fresh fruit
	LUNCH	- Fish sticks - Sweet potato wedges - Steamed veggies	- Taco salad with fixings - Whole-wheat baked tortilla crisps	- Frittata - Whole wheat toast with butter	- Vegetable, Chicken and cheese Quesadillas
	SNACK	- Bananas dipped in yogurt and chocolate	- Nut free trail mix - Fresh fruit	- Fresh fruit salsa - Cinnamon chips	- Fruit smoothies - Whole grain crackers
FRI	BREAKFAST	- Egg bites - Fresh fruit	- Homemade fruit / Vegetable loaf - Fresh fruit	- Whole wheat cereal - Fresh fruit	- WW French Toast - Fresh fruit
	LUNCH	- Chicken stir fry with veggies	- BBQ chicken - Veggies - Rice	- Ham/turkey and cheese finger sandwiches - Chicken noodle soup	- Creamy chicken spaghetti - Salad
	SNACK	- Open face toast - Fresh fruit	- Yogurt - Granola Bars - Fresh fruit/veggies	- Fruit/veggie loaf - Fresh fruit	- Rice cakes with cream cheese - Fresh fruit/veggies

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

All meals follow the Canada Food Guide. **