

WINTER MENU

DAY	MEAL	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	BREAKFAST	Yogurt and Fruit	Applesauce and Graham Crackers	Yogurt and Fruit	Applesauce and Graham Crackers
	LUNCH	Deconstructed Lasagna and Salad	Spaghetti with Meat and Vegetables	Pizza Casserole and Salad	Tomato Mac and Cheese and Salad
	SNACK	Rice Pudding and Fruit	Jello and Fruit	Chips with Salsa and Fruit	Veggies with Ranch and Crackers
TUES	BREAKFAST	Oatmeal and Fruit	Cereal and Fruit	Oatmeal and Fruit	Cereal and Fruit
	LUNCH	Bacon Grilled Cheese, Tomato Soup and Vegetables	Pulled Chicken Sandwiches and Vegetables	Turkey and Cheese Sandwiches and Vegetable Soup	Tuna Melts and Vegetables
	SNACK	Granola Bars and Fruit	Goldfish Crackers and Veggies	Granola Bars and Fruit	Goldfish Crackers and Veggies
WED	BREAKFAST	Pancakes and Fruit	French Toast and Fruit	Eggs, Sausage and Fruit	Pancakes and Fruit
	LUNCH	Meatballs, Rice and Steamed Vegetables	Chicken Strips, Fries, and Vegetables	BBQ Chicken, Rice and Vegetables	Meatloaf, Mashed Potatoes and Steamed Vegetables
	SNACK	Cinnamon Chips and Mango Salsa	Fruit smoothies and Graham Crackers	Cinnamon Chips and Mango Salsa	Fruit smoothies and Graham Crackers
THURS	BREAKFAST	Toast with Butter and Fruit	Bagels with Cream Cheese and Fruit	English Muffins with Fruit Spread and Fruit	Oatmeal Cookies and Fruit
	LUNCH	English Muffin Pizzas	Taco Salad with Fixings	Hot Chicken Sandwiches and Vegetables	Shepherd's Pie
	SNACK	Nut Free Trail Mix and Fruit	Cheese, Crackers and Veggies	Nut Free Trail Mix and Fruit	Cheese, Crackers and Veggies
FRI	BREAKFAST	Banana Bread and Fruit	Carrot Muffins and Fruit	Blueberry Muffins and Fruit	Banana Bread and Fruit
	LUNCH	Chicken Alfredo	Turkey Mac and Cheese and Salad	Beef Stroganoff and Vegetables	Chicken and Mushroom Penne with Vegetables
	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. **