

SPRING 2025 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	Tortilla Pizza and Steamed Veggies	BBQ Meatballs, Garlic Bread and Steamed Veggies	Chicken Strips, French Fries, Fresh Veggies	Deconstructed Taco Salad with Fixings
	SNACK	Apple sauce, graham crackers, raisins	Rice Cakes with Cream Cheese, Fresh Fruit	Apple sauce, graham crackers, raisins	Rice Cakes with Cream Cheese, Fresh Fruit
TUES	BREAKFAST	Yogurt with Granola and Fresh Fruit	Yogurt with Granola and Fresh Fruit	Yogurt with Granola and Fresh Fruit	Yogurt with Granola and Fresh Fruit
	LUNCH	Turkey and Cheese Sandwiches, Chicken Noodle Soup & Pickles	Grilled Cheese Sandwiches, Tomato Soup, and Steamed Veggies & Pickles	Cucumber and Cream Cheese Sandwiches, Chicken Noodle Soup & Pickles	Grilled Cheese Sandwiches, Vegetable Soup, and Steamed Veggies & Pickles
	SNACK	Cheese, Crackers and Veggies w/ Ranch or Fruit	Veggies/Fruit, Hummus and Pita	Cheese, Crackers and Veggies w/ Ranch or Fruit	Veggies/Fruit, Hummus and Pita
WED	BREAKFAST	Banana Bread and Fresh Fruit	Banana Bread and Fresh Fruit	Banana Bread and Fresh Fruit	Banana Bread and Fresh Fruit
	LUNCH	Meatballs with Tomato Pasta and Veggies	Lasagna and Salad/Steamed Veggies	Fish Sticks, Fries and Fresh Veggies	Pancakes with Fresh Fruit and Turkey Sausage
	SNACK	Wow butter Ants on a log and Crackers	Granola Bars, String Cheese and Fruit	Veggies/Fruit, Hummus and Pita	Granola Bars, String Cheese and Fruit
THURS	BREAKFAST	Cereal Bars and Fruit	Cereal Bars and Fruit	Cereal Bars and Fruit	Cereal Bars and Fruit
	LUNCH	Butter chicken, Rice, Naan Bread and Veggies	Shahi Paneer, Rice, Naan Bread and Veggies	BBQ Chicken with Roasted Potatoes and Salad/Veggies	Turkey and Veggie Chili with Soft Butter Buns
	SNACK	Animal Crackers and Fruit	Animal Crackers and Fruit	Animal Crackers and Fruit	Animal Crackers and Fruit
FRI	BREAKFAST	Oatmeal Cookies, Cheese Slices, and Fresh Fruit	Bagels with Jam, and Fresh Fruit	Oatmeal Cookies, Cheese Slices, and Fresh Fruit	Bagels with Jam, and Fresh Fruit
	LUNCH	Baked Homemade Cheesy Pasta with Veggies on the Side	Chicken Alfredo Pasta with Veggies	Pizza buns & 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.**

Vegetarian and halal options are also available.

All meals follow the Canada Food Guide. **