

July 2026

July 1st 2026

****All meals are free from Peanuts and Sesame ****



Halal meat products for all meals/ Vegetarian substitutions

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
AM SNACK			TEDDYVILLE CLOSED	Multi-grain cheerios and milk Fresh cut fruit	Multi-grain cheerios and milk Fresh cut fruit
LUNCH			HAPPY CANADA DAY!	Chicken fried rice Milk	Baked chicken strips and sweet potato fries Milk
PM SNACK			TEDDYVILLE CLOSED	Rice cakes Fresh cut fruit	Applesauce and arrowroot crackers
	6	7	8	9	10
AM SNACK	Multi-grain cheerios and milk Fresh cut fruit	Bagels with cream cheese and milk Fresh cut fruit	Buttered croissants and milk Fresh cut fruit	Homemade muffin and milk Fresh cut fruit	Egg bites and milk Fresh cut fruit
LUNCH	Baked beef macaroni served with green beans Milk	Beef and broccoli served with rice Milk	Chicken shawarma wrap served with potato wedges and veggie medley Milk	Chicken casserole served with garlic bread Milk	Cheese pizza served with sliced veggies Milk
PM SNACK	Cheesy garlic flatbread Fresh cut fruit	Homemade fresh baked bread Fresh cut fruit	Yogurt and graham crackers Fresh cut fruit	Cheese and crackers Fresh cut fruit	Bake good Fresh cut fruit
	13	14	15	16	17
AM SNACK	Multi-grain cheerios and milk Fresh cut fruit	English muffin with jam and milk Fresh cut fruit	Homemade muffin and milk Fresh cut fruit	Toasted cinnamon raisin bread Fresh cut fruit	Fruit smoothie and crackers
LUNCH	Creamy chicken alfredo served with roasted broccoli Milk	Breakfast for lunch! (scrambled eggs, hashbrowns, chicken bacon and sliced fruit) Milk	Grilled cheese sandwich served with a side salad Milk	Sweet and sour meatballs served with rice and buttered corn Milk	Fish and chips Milk
PM SNACK	Homemade berry scones Fresh cut fruit	Applesauce with arrowroot crackers	Homemade wow butter cereal bars Fresh cut fruit	Homemade trail mix Fresh cut fruit	Bake good Fresh cut fruit
	20	21	22	23	24
AM SNACK	Multi-grain cheerios and milk Fresh cut fruit	Egg bites and milk Fresh cut fruit	Homemade waffles and milk Fresh cut fruit	Homemade muffin and milk Fresh cut fruit	Oatmeal and milk Fresh cut fruit
LUNCH	Grilled wow butter & jam sandwiches served with sliced veggies Milk	Homemade basil pesto served with pasta and garlic bread Milk	Chicken and cheese quesadillas served with Mexican style rice Milk	Shepard's pie Milk	Homemade Mac and cheese served with roasted carrots Milk
PM SNACK	Cheese and crackers Fresh cut fruit	Yogurt and pretzels Fresh cut fruit	Hummus and veggies served with crackers Fresh cut fruit	Homemade pita crackers Fresh cut fruit	Bake good Fresh cut fruit
	27	28	29	30	31
AM SNACK	Multi-grain cheerios and milk Fresh cut fruit	English muffin & jam and milk Fresh cut fruit	Homemade pancakes and milk Fresh cut fruit	Homemade muffin and milk Fresh cut fruit	Yogurt and granola with fresh cut fruit
LUNCH	Baked ziti served with roasted broccoli Milk	Chickpea fried rice Milk	Sloppy joes served with sliced veggies Milk	Broccoli and cheddar quiche served with seasoned rice Milk	Cheese pizza served with a side salad Milk
PM SNACK	Rice cakes Fresh cut fruit	Cheesy garlic flatbread Fresh cut fruit	Homemade trail mix Fresh cut fruit	Homemade fresh baked bread Fresh cut fruit	Bake good Fresh cut fruit