

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (standard snack)	Multigrain Cheerios with Milk	Banana Oat Bar	Rice Chex Cereal with Milk	Whole Wheat Cocoa Zucchini Muffin	Multigrain Muesli Morning Round, Apple Butter
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Dino Chicken Pieces, Brown Rice, Plum Sauce, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit	Turkey Meatballs in Marinara Sauce, Whole Wheat Submarine Bun, Vegetable Medley (Green Beans, Green Peas, Corn, Carrots), Fresh Fruit	Beef Bolognese Bowtie Pasta, Green Peas, Fresh Fruit	Egg Patty, Whole Wheat French Toast Bites, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit	Jerk Chicken Drumstick, Coconut Rice, Leafy Greens with French Dressing, Fresh Fruit
Entrée B HEALTHY CHOICES	Classic Macaroni & Cheese Quinoa, Black Bean & Corn Salad, Sunrise Mix Vegetables (Carrots and Green Beans)	Minestrone Soup, Whole Wheat Baguette, Cucumbers Slices	Teriyaki Fish, Brown Rice, Green Peas	Chicken Cacciatore, Whole Grain Penne, California Mix (Broccoli, Cauliflower, Carrots)	Ground Beef Sloppy Joe, Hamburger Bun Mozzarella Cheese Slice, Carrots & Turnip
PM Snack (standard snack)	Whole Wheat Maple Round, Fresh Fruit	Whole Wheat Breadsticks, Hummus	Whole Wheat Oatmeal Cranberry Round, Fresh Fruit	Vanilla Yogurt, Fresh Fruit	Round Crackers, Cheese Curds

*All meals and snacks are 100% nut-free, shellfish-free and pork-free

We have developed our healthiest most **WHOLESOME** menu yet!



Our WHOLESOME Menu Includes:



Simple, wholesome ingredients for growing bodies and minds.



Meals and snacks using municipal, provincial and national nutritional guidelines.



Food kids love to eat.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (standard snack)	Special K Cereal with Milk	Whole Wheat Pancake, Strawberry Jam	Corn Flakes Cereal with Milk	Whole Wheat Apple Cinnamon Bagel, Cream Cheese	Peach Yogurt, Whole Grain Granola
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Fish Sticks, Brown Rice, Lemon Garlic Sauce, Diced Carrots & Green Peas, Fresh Fruit	Chicken Noodle Soup, Javaneh Slice, Baby Carrots, Fresh Fruit	Beef Burger, Hamburger Bun, Cheddar Cheese Slice, Green Beans, Fresh Fruit	BBQ Chicken Drumstick, Veggie Quinoa Blend, Broccoli, Fresh Fruit	Classic Mac & Cheese, Chickpea & Orzo Salad, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit
Entrée B HEALTHY CHOICES	Chicken Bolognese, Whole Grain Rotini, Diced Carrots & Green Peas	Teriyaki Beef Meatballs, Brown Rice, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn)	Chicken Carvery Gravy, Whole Wheat Bread, Sweet Potato Mash	Mexican Bean Chili, Corn Bread, Broccoli	Breaded Fish Pieces, Brown Rice, California Mix Vegetables (Broccoli, Cauliflower, Carrots)
PM Snack (standard snack)	Whole Wheat Oatmeal Round, Applesauce	Spice Snaps, Fresh Fruit	Whole Wheat Owl Snaps, Vanilla Yogurt	Wheat Crackers, Mozzarella Cheese Slice	Whole Wheat Banana Loaf, Fresh Fruit

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	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (standard snack)	Corn Chex Cereal with Milk	Apple Cinnamon Morning Round	Whole Wheat Bagel, Cream Cheese	Rice Krispies Cereal with Milk	Whole Wheat Carrot Muffin
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn and Green Peas, Fresh Fruit	Winter Vegetable Bean and Lentil Soup, Whole Wheat Ciabatta, Cucumber Slices, Fresh Fruit	Italian Seasoned Beef with Pasta Shells in Tomato Sauce, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit	Egg Patty, Cheddar Cheese Slice, Whole Wheat English Muffin, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit	Balsamic Chicken Drumstick, Brown Rice, Leafy Greens with Italian Dressing, Fresh Fruit
Entrée B HEALTHY CHOICES	Chickpea Tikka Masala, Brown Rice, Corn & Peas	BBQ Beef Meatballs, Whole Wheat Sub Bun, Green Beans	Turkey Burger Hamburger Bun, Cheddar Cheese Slice, California Mix Vegetables (Broccoli, Cauliflower, Carrots)	Butter Chicken, Mini Savoury Naan, Sunrise Mix Vegetables (Carrots and Green Beans)	Whitefish Lasagna, Green Peas
PM Snack (standard snack)	Pretzel Bun, Mozzarella Cheese Slice	Whole Wheat Pumpkin Loaf, Fresh Fruit	Banana Oat Bar, Applesauce	Whole Wheat Pita, Hummus	Wheat Crackers, Cheese Curds

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	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (standard snack)	Rice Chex Cereal with Milk	Multigrain Muesli Morning Round, Strawberry Jam	Vanilla Yogurt, Whole Grain Granola	Whole Wheat Cocoa Zucchini Muffin	Multigrain Cheerios with Milk
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Breaded Fish Patty, Hamburger Bun, Lemon Garlic Sauce, Green Peas, Fresh Fruit	Salisbury Steak with Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit	Cheddar Cheese Omelet, Whole Wheat English Muffin, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn), Fresh Fruit	Turkey Alphabet Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit	Herbed Chicken Drumstick, Brown Rice, Leafy Greens with Balsamic Dressing, Fresh Fruit
Entrée B HEALTHY CHOICES	Beef Sheppard's Pie, Mash Potatoes, Whole Wheat Dinner Roll, Green Peas	Chicken & Egg "Fried" Rice, Carrots & Turnips	Turkey Bowtie Pasta in Rose Sauce, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn)	Mediterranean Falafel, Tzatziki Sauce, Brown Rice, California Mix Vegetables (Broccoli, Cauliflower, Carrots)	Beef Lasagna, Green Beans
PM Snack (standard snack)	Strawberry Yogurt, Fresh Fruit	Whole Wheat Owl Snaps, Berry Applesauce	Whole Wheat Pita, Cheddar Cheese Slice	Javaneh Slice, Hummus	Melba Toast, Cheese Cubes

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