

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Filipino style chicken pancit with brown rice noodles (*broccoli, cabbage, *carrots, cauliflower, chicken, *peas, rice noodles), fresh fruit</p> <p>PM Snack: Garlic breadstick, Yummy hummus</p>	<p>AM Snack: Whole wheat English muffin, cinnamon spread</p> <p>Lunch: Extra lean ground beef meatballs with pasta & tomato sauce, *green & yellow beans, fresh fruit</p> <p>PM Snack: Fresh fruit, whole grain parmesan Triscuits</p>	<p>AM Snack: Apple cinnamon cereal mix, diced *melon, milk</p> <p>Lunch: Rainbow rice with diced chicken and gravy (*carrots, celery, corn, diced chicken, *kale, onions, rice), fresh fruit</p> <p>PM Snack: Whole grain orange and zucchini loaf, 100% pear & apple fruit puree</p>	<p>AM Snack: Marble cheese, cracked wheat crackers</p> <p>Lunch: Turkey shepherds pie, whole wheat bun, *green peas, fresh fruit</p> <p>PM Snack: Yogurt, multigrain cinnamon crunchy mix</p>	<p>AM Snack: Whole grain vegan lemon chia muffin hat, 100% strawberry, mango, apple fruit puree</p> <p>Lunch: Lebanese stew (barley, *carrots sliced, celery, chickpeas, *green/red peppers, onions, potatoes, *zucchini), fresh fruit</p> <p>PM Snack: Steamed vegetables, onion bun</p>
WEEK 2	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Lemon dill pasta & chicken (chicken, corn, *green/red peppers, onion, lentils), *diced carrots, fresh fruit</p> <p>PM Snack: Blueberry oat bun, fruit</p>	<p>AM Snack: Waffles, 100% apple & maple fruit puree</p> <p>Lunch: Thai chicken & vegetables with brown rice (*bell pepper strips, *broccoli, *carrots (yellow & orange), chicken, *green beans, onions, rice), fresh fruit</p> <p>PM Snack: Sweet potato spread, whole grain crackers</p>	<p>AM Snack: Banana oatmeal bar</p> <p>Lunch: Veggie bolognese with mashed potatoes, whole wheat tortilla, *peas & corn, fresh fruit</p> <p>PM Snack: Fresh fruit, whole grain spice snaps</p>	<p>AM Snack: Vegan brioche bread, 100% peach & apple fruit puree</p> <p>Lunch: Pasta with diced chicken and creamy basil sauce, *steamed broccoli, fresh fruit</p> <p>PM Snack: Whole grain cheese bites, *steamed carrots</p>	<p>AM Snack: Yogurt, fresh fruit</p> <p>Lunch: Mashed potatoes with baked extra lean diced beef burgers & gravy, whole wheat bun, *PEI mixed vegetables (*carrots, *green & yellow beans), fresh fruit</p> <p>PM Snack: Vegan apple & date oatmeal cookie, unsweetened applesauce</p>
WEEK 3	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Chicken mac & cheese, *green peas, fresh fruit</p> <p>PM Snack: Garlic breadstick, Yummy hummus</p>	<p>AM Snack: Whole wheat English muffin, cinnamon spread</p> <p>Lunch: Diced sweet potato bites and vegetable couscous (*bell peppers, *carrots, chicken, couscous, diced sweet potatoe falafels, onion, *spinach), fresh fruit</p> <p>PM Snack: Fresh fruit, whole grain garden veggie bites</p>	<p>AM Snack: Apple cinnamon cereal mix, diced *melon, milk</p> <p>Lunch: Diced chicken with mashed potatoes and gravy, whole wheat bun, *broccoli & cauliflower, fresh fruit</p> <p>PM Snack: Whole grain mixed berry loaf, 100% raspberry & apple fruit puree</p>	<p>AM Snack: Marble cheese, cracked wheat crackers</p> <p>Lunch: Extra lean ground beef meatballs with Yummy tomato sauce and brown rice, *green & yellow beans, fresh fruit</p> <p>PM Snack: Yogurt, multigrain cinnamon crunchy mix</p>	<p>AM Snack: Whole grain vegan banana & oat muffin hat, 100% tropical fruit puree</p> <p>Lunch: Yummy chickpea ratatouille (chickpeas, *diced carrots, corn, eggplant, mushrooms, onion, *peas, shell pasta, *zucchini), fresh fruit</p> <p>PM Snack: Steamed vegetables, onion bun</p>
WEEK 4	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Baked diced falafels with mashed potatoes and tomato sauce, whole wheat pita pouch, *mixed vegetable blend (*broccoli, *carrots (orange / yellow), *green beans), fresh fruit</p> <p>PM Snack: Apple oat bun, fruit</p>	<p>AM Snack: Waffles, raspberry crumble and Apple 100% fruit puree</p> <p>Lunch: Tri colour cheese tortellini with pureed lentil rose sauce, *green peas, fresh fruit</p> <p>PM Snack: Sweet potato spread, whole grain crackers</p>	<p>AM Snack: Blueberry oatmeal bar</p> <p>Lunch: Summer veggie chili (black beans, *carrots, corn, *green/red peppers, kidney beans, onions, soy protien, *squash, tomatoes), whole wheat home-style bread, fresh fruit</p> <p>PM Snack: Fresh fruit, multigrain wheat thins</p>	<p>AM Snack: Vegan brioche bread, 100% passion fruit blend puree</p> <p>Lunch: Baked diced spinach, feta & chicken kafta with Yummy golden barley, *green & yellow beans, fresh fruit</p> <p>PM Snack: Whole grain cheese bites, *steamed carrots</p>	<p>AM Snack: Yogurt, fresh fruit</p> <p>Lunch: FUN FRIDAY! (Please see posting for the special menu)</p> <p>PM Snack: Vegan apple & date oatmeal cookie, unsweetened applesauce</p>

*Indicates dark green and/or dark orange fruit or vegetable offered daily.

Water is available at all times. Milk is served with lunch and snacks.

Fresh fruit may vary depending on the season, please refer to daily substitution summary for fresh fruit/changes.

Menu approved by a registered Dietician.

