

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Chicken mac & cheese, *diced carrots, fresh fruit</p> <p>PM Snack: Sweet potato spread, whole grain crackers</p>	<p>AM Snack: Vegan brioche bread, dragon fruit & berry spread</p> <p>Lunch: Extra lean ground beef meatballs with mashed potatoes & gravy, vegetable medley (*broccoli, *carrots, cauliflower), fresh fruit</p> <p>PM Snack: Fresh fruit, whole grain parmesan Triscuits</p>	<p>AM Snack: Whole grain apple cinnamon cereal mix, fresh fruit, milk</p> <p>Lunch: Barely, chicken & vegetable risotto (barely, chicken, corn, mushrooms, onions, *peas), fresh fruit</p> <p>PM Snack: Whole grain mixed berry loaf, apple & papaya 100% fruit puree</p>	<p>AM Snack: Whole grain lemon scones, apple, berry, cherry 100% fruit puree</p> <p>Lunch: Cheese & spinach stuffed medallions with roasted red pepper lentil cream sauce, *green & yellow beans, fresh fruit</p> <p>PM Snack: Yogurt, multigrain trail mix</p>	<p>AM Snack: Strawberry & raspberry oat bar</p> <p>Lunch: Vegetable chickpea chana masala with brown rice (*bell peppers, brown rice, cauliflower, chickpeas, onions, *peas, potatoes, *sweet potatoes), fresh fruit</p> <p>PM Snack: Steamed vegetables, spinach & feta swirls</p>
WEEK 2	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Sizzling chicken & veggie chow mein stirfry (*bell peppers, cabbage, *carrots, cauliflower, chicken, chow mein noodles, *edamame, onions), fresh fruit</p> <p>PM Snack: Tangy Twist Hummus, whole wheat naan</p>	<p>AM Snack: Waffles, berry & apple 100% fruit puree</p> <p>Lunch: Rustic summer turkey chili (black beans, *carrots, corn, *green/red peppers, onions, *squash, turkey), whole wheat home-style bread, fresh fruit</p> <p>PM Snack: Fresh fruit, whole grain spinach & garlic crackers</p>	<p>AM Snack: Whole wheat english muffin, Yummy sweet peach mango bean spread</p> <p>Lunch: Ground chicken meatballs with pasta and tomato sauce, *green & yellow beans, fresh fruit</p> <p>PM Snack: Vegan oatmeal banana cookie, dragon fruit & apple 100% fruit puree</p>	<p>AM Snack: Yogurt, fresh fruit</p> <p>Lunch: Sweet potato chickpea bites with mashed potato, whole wheat pita, *broccoli & cauliflower, fresh fruit</p> <p>PM Snack: Potato & scallion roll, steamed carrots</p>	<p>AM Snack: Marble cheese slice, cracked wheat crackers</p> <p>Lunch: Beany vegetable Italiano (black eye peas, *carrots, celery, chickpeas, mushrooms, onions, red kidney beans, red peppers, romano beans, *spinach, *zucchini), brown rice, fresh fruit</p> <p>PM Snack: Apple oat bun, fresh fruit</p>
WEEK 3	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Extra lean ground beef meatballs with vegetable couscous and tomato sauce (*carrots, corn, couscous, ground beef meatballs, *leeks, *peas), fresh fruit</p> <p>PM Snack: Sweet potato spread, whole grain crackers</p>	<p>AM Snack: Vegan brioche bread, strawberry spread</p> <p>Lunch: Mashed potatoes with chicken and gravy, whole wheat bun, PEI mixed vegetables (*carrots, *green/yellow beans), fresh fruit</p> <p>PM Snack: Fresh fruit, whole grain vegetable crackers</p>	<p>AM Snack: Whole grain apple cereal mix, fresh fruit, milk</p> <p>Lunch: Tri colour cheese tortellini with rose bean sauce, *broccoli & cauliflower, fresh fruit</p> <p>PM Snack: Whole grain zucchini loaf, blueberry apple 100% fruit puree</p>	<p>AM Snack: Whole grain cranberry scones, apple & raspberry crumble 100% fruit puree</p> <p>Lunch: Zesty lemon chicken medley (*broccoli, chicken, eggplant, onion, red peppers, yellow peppers, *zucchini) with brown rice, fresh fruit</p> <p>PM Snack: Yogurt, multigrain trail mix</p>	<p>AM Snack: Lemon coconut oat bar</p> <p>Lunch: Veggie bolognese with pasta, *green peas, fresh fruit</p> <p>PM Snack: Steamed vegetables, mini pizza swirls</p>
WEEK 4	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Brazilian chicken & okra veg stew (*broccoli, *carrots, chicken, corn, *kale, *okra, onions, *romano green beans) with brown rice, fresh fruit</p> <p>PM Snack: Yummy hummus, garlic naan</p>	<p>AM Snack: Waffles, blueberry & apple 100% fruit puree</p> <p>Lunch: Chickpea, spinach & broccoli pesto pasta, *orange and yellow carrots, fresh fruit</p> <p>PM Snack: Fresh fruits, spice snaps</p>	<p>AM Snack: Whole wheat english muffin, Yummy raspberry pear bean spread</p> <p>Lunch: Baked extra lean ground beef with mashed potatoes & gravy, whole wheat homestyle bun, *peas and *carrots, fresh fruit</p> <p>PM Snack: Vegan oatmeal date cookie, unsweetened applesauce</p>	<p>AM Snack: Yogurt, fresh fruit</p> <p>Lunch: Mango tango chicken & veggie pasta (*carrots, cauliflower, chicken, *green beans, *mango, onion, parsley, pasta, yellow beans), fresh fruit</p> <p>PM Snack: Potato & scallion roll, steamed carrots</p>	<p>AM Snack: Marble cheese slice, everything morning toast crackers</p> <p>Lunch: FUN FRIDAY! (Please see posting for the special menu)</p> <p>PM Snack: Blueberry oat bun, fresh fruit</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.

