

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack: Whole Grain Cereal, Milk</p> <p>Lunch: Chicken Mac & Cheese, *Diced Carrots, Fresh Fruit, Milk</p> <p>PM Snack: Southwestern Salsa, Multigrain Pita Crisps</p>	<p>AM Snack: Vegan Brioche Bread, Dragon Fruit & Berry Spread</p> <p>Lunch: Extra Lean Beef Meatballs, Whole Wheat Bun, Vegetable Medley (*broccoli, *carrots, cauliflower), Fresh Fruit, Milk</p> <p>PM Snack: Whole Grain Parmesan Triscuits, Fresh Fruit</p>	<p>AM Snack: Whole Grain Apple Cereal Mix, Fresh Fruit, Milk</p> <p>Lunch: Baked Breaded Chicken Strips, Barley Vegetable Risotto (barley, corn, mushrooms, onions, *peas), Fresh Fruit, Milk</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, Milk</p> <p>PM Snack: Yogurt, Multigrain Trail Mix</p>	<p>AM Snack: Strawberry & Raspberry Oat Bar</p> <p>Lunch: Vegetable Chickpea Chana Masala (*bell peppers, cauliflower, chickpeas, onions, *peas, potatoes, *sweet potatoes), Brown Rice, Fresh Fruit, Milk</p> <p>PM Snack: Spinach & Feta Swirls, Steamed Vegetables</p>
WEEK 2	<p>AM Snack: Whole Grain Cereal, Milk</p> <p>Lunch: Sizzling Chicken & Veggie Chow Mein Stirfry (*bell peppers, cabbage, chicken, *carrots, cauliflower, chow mein noodles, *edamame, onions), Fresh Fruit, Milk</p> <p>PM Snack: Tangy Twist Hummus, Whole Wheat Naan</p>	<p>AM Snack: Waffles, Chunky Tropical 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, Milk</p> <p>PM Snack: Whole Grain Spinach & Garlic Crackers, Fresh Fruit</p>	<p>AM Snack: Whole Wheat English Muffin, Yummy Sweet Peach Mango Bean Spread</p> <p>Lunch: Chicken Meatballs with Tomato Sauce, Vegetable Rotini, *Green & Yellow Beans, Fresh Fruit, Milk</p> <p>PM Snack: Vegan Oatmeal Banana Cookie, Dragon Fruit & Apple 100% Fruit Puree</p>	<p>AM Snack: Yogurt, Fresh Fruit</p> <p>Lunch: Baked Sweet Potato Chickpea Bites, Whole Wheat Pita, *Broccoli & Cauliflower, Fresh Fruit, Milk</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 Beef Meatballs with Tomato Sauce, Vegetable couscous (*carrots, corn, couscous, *leeks, *peas), Fresh Fruit, Milk</p> <p>PM Snack: Garden Salsa, Multigrain Pita Crisps</p>	<p>AM Snack: Vegan brioche Bread, Strawberry Spread</p> <p>Lunch: Baked Breaded Chicken Patty, Whole Wheat Bun, PEI Mixed Vegetables (*carrots, *green/yellow beans), Fresh Fruit, Milk</p> <p>PM Snack: Whole Grain Vegetable Crackers, Fresh Fruit</p>	<p>AM Snack: Whole Grain Apple Cereal Mix, Fresh Fruit</p> <p>Lunch: Tri Colour Cheese Tortellini with Rose Bean Sauce, *Broccoli & Cauliflower, Fresh Fruit, Milk</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), Brown Rice, Fresh Fruit, Milk</p> <p>PM Snack: Yogurt, Multigrain Trail Mix</p>	<p>AM Snack: Lemon Coconut Oat Bar</p> <p>Lunch: Veggie Taco, Whole Wheat Tortilla, *Green Peas, Fresh Fruit, Milk</p> <p>PM Snack: Mini Pizza Swirls, Steamed Vegetables</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), Brown Rice, Fresh Fruit, Milk</p> <p>PM Snack: Yummy Tomato Bruschetta, Garlic Naan</p>	<p>AM Snack: Waffles, Chunky Tropical 100% Fruit Puree</p> <p>Lunch: Spinach & Broccoli Pesto Pasta, Mediterranean Salad (black beans, chickpeas, corn, cucumber, green/red peppers, spinach, tomatoes, quinoa), Fresh Fruit, Milk</p> <p>PM Snack: Spice Snaps, Fresh Fruit</p>	<p>AM Snack: Whole Wheat English Muffin, Yummy Raspberry Pear Bean Spread</p> <p>Lunch: Baked Extra Lean Beef Burger, Whole Wheat Home-Style Bun, *Peas and *Carrots, Fresh Fruit, Milk</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, Milk</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, Fresh Fruit, Milk</p> <p>PM Snack: Blueberry Oat Bun, Fresh Fruit</p>

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

Water is available at all times.

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

Menu approved by a registered Dietician.

