

	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 tomato & bean marinara</p>	<p>AM Snack: Whole wheat English muffin, cinnamon spread</p> <p>Lunch: Extra lean beef meatballs with tomato sauce, vegetable rotini, *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: Baked pollock fish wedge, rainbow rice (*carrots, celery, corn, *kale, onions, rice), fresh fruit</p> <p>PM Snack: Whole grain orange and zucchini loaf, 100% pear & apple fruit puree</p>	<p>AM Snack: Yummy egg salad, cracked wheat crackers</p> <p>Lunch: Turkey sloppy joes, 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 & egg scramble (egg, corn, *green/red peppers, onion, lentils), *diced carrots, fresh fruit</p> <p>PM Snack: Blueberry oat bun, fresh fruit</p>	<p>AM Snack: Waffles, 100% apple & maple fruit puree</p> <p>Lunch: Thai chicken & vegetables (*bell pepper strips, *broccoli, *carrots (yellow & orange), chicken, *green beans, onions), brown rice, fresh fruit</p> <p>PM Snack: Fruit * veg salsa, multigrain pita crackers</p>	<p>AM Snack: Banana oatmeal bar</p> <p>Lunch: Veggie taco, 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: Creamy basil pasta, Yummy Mediterranean salad (black beans, chickpeas, *green/red peppers, *spinach, corn, tomatoes, cucumber, quinoa), fresh fruit</p> <p>PM Snack: Whole grain cheese bites, *steamed carrots</p>	<p>AM Snack: Yogurt, fresh fruit</p> <p>Lunch: Baked extra lean beef burgers, 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, chunky chickpea salad</p>	<p>AM Snack: Whole wheat English muffin, cinnamon spread</p> <p>Lunch: Baked haddock & cod fish cakes, vegetable couscous (*bell peppers, *carrots, couscous, 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: Egg patty, 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: Hard boiled egg, cracked wheat crackers</p> <p>Lunch: Extra lean beef meatballs with Yummy tomato sauce, 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 pollock fish sandwich, whole wheat pita pouch, *mixed vegetable blend (*broccoli, *carrots (yellow / orange), *green beans), fresh fruit</p> <p>PM Snack: Apple oat bun, fresh 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: Fruit & veg salsa, multigrain pita 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 protein, *squash, tomatoes), brown rice, 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 chicken, feta & spinach kafta, 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.

