



WINTER MENU 2025 - 2026

Weeks of: December 8th, January 5th, February 2nd, March 2nd & 30th, April 27th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Tri Colour Cheese Tortellini with Rose Lentil Sauce *Spring Mix Salad with Carrots Fresh Fruit	Whole Grain Blueberry Oat Bun Fresh Fruit
TUESDAY	Waffles Chunky Tropical 100% Fruit Puree	Baked Turkey Burger Whole Wheat Bun Mixed Vegetables (carrots, *green & yellow beans) Fresh Fruit	Winter Bean Salsa Multigrain Pita Crisps
WEDNESDAY	Yogurt Fresh Fruit	Hawaiian Chicken (*bell pepper strips, *broccoli, chicken, onions, pineapple, *zucchini) Brown Rice Fresh Fruit	Fresh Fruit Roasted Red Pepper Cracker
THURSDAY	Hard Boiled Egg Cracked Wheat Crackers	Pumpkin Alphabet Soup (alphabet pasta, carrots, coconut, kidney beans, onions,*peas, pumpkin) Light Rye Bread Fresh Fruit	Whole Grain Banana Oat Loaf Strawberry Apple 100% Fruit Puree
FRIDAY	Whole Grain Apple Granola Rounds Fresh Fruit	Baked Fish Wedge Barley Vegetable Risotto (barley, *broccoli, corn, mushrooms, onions) Fresh Fruit	Fresh Vegetables Poppy Seed & Cream Cheese Bagel Bite

Milk and/or Water are served with lunch and snacks

- * Indicates Dark Green Vegetable Offered Daily
- Orange Fruit/Vegetable offered a few times weekly
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes



WINTER MENU 2025 - 2026

Weeks of: December 15th, January 12th, February 9th, March 9th, April 6th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Pumpkin White Bean Mac & Cheese *Green Salad Fresh Fruit	Whole Wheat Naan Plant Based Herb and Garlic Cream Cheeze
TUESDAY	Whole Grain Blueberry Scone Dragon Fruit & Apple 100% Fruit Puree	Chicken Lo Mein (*broccoli, cabbage, carrots, chicken, cauliflower) Chow Mein Noodles Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Vegan Brioche Plant Based Apple Pie Spread	Italian Meatball Soup (acini de pepe, celery, mini meatballs, onions, *peas, tomatoes) Whole Wheat Bread Fresh Fruit	Fresh Fruit Spice Snaps
THURSDAY	Yogurt Fresh Fruit	Creamy Coconut Chickpea Curry (*bell pepper strips, *broccoli, carrots, chickpeas, onions, sweet potato) Brown Rice Fresh Fruit	Fresh Carrots Pizza Square
FRIDAY	Raisin Oatmeal Bar	Egg Drop Soup (carrots, eggs, *leeks, orzo pasta) 9 Grain Bread Fresh Fruit	Whole Grain Lemon Cookie Chia Charged Mixed Berry 100% Fruit Puree

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WINTER MENU 2025 - 2026

Weeks of: December 22nd, January 19th, February 17th, March 16th, April 13th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Turkey Meatballs with Tomato Sauce Vegetable Pasta *Spring Mix Salad Fresh Fruit	Whole Grain Apple Cinnamon Bun Fresh Fruit
TUESDAY	Waffles Chunky Peachy Tropical 100% Fruit Puree	Yummy Chicken Noodle Soup (celery, diced carrots, chicken, fresh noodles, *kale, onions, potatoes) Whole Wheat Home-Style Bread Fresh Fruit	Zesty Salsa Multigrain Pita Crisps
WEDNESDAY	Yogurt Fresh Fruit	Veggie Lazy Lasagna (celery, *green/red peppers, mafalda pasta, onions, *spinach, tomatoes) *Spring Mix Salad with Carrots & Purple Cabbage Fresh Fruit	Fresh Fruit Whole Grain Sundried Tomato Basil Crackers
THURSDAY	Hard Boiled Egg Multigrain Crackers	Baked Haddock and Cod Fish Cakes Garden Vegetable Rice (brown rice, corn, onions, *spinach, squash) Fresh Fruit	Whole Grain Carrot & Pineapple Loaf Pear & Apple 100% Fruit Puree
FRIDAY	Whole Grain Banana Granola Rounds Fresh Fruit	Portuguese Beef Stew Jardineira (beef cubes extra lean, w.w. elbow pasta, *green romano beans, kidney beans, orange/yellow carrots, peas, potatoes) Fresh Fruit	Fresh Vegetables Poppy Seed & Cream Cheese Bagel Bite

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WINTER MENU 2025 - 2026

Weeks of: December 29th, January 26th, February 23rd, March 23rd, April 20th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Butter Chicken (cauliflower, chicken, *mixed bell pepper strips, onions, *peas, squash) Couscous Fresh Fruit	Yummy Marinara Spread Garlic Naan
TUESDAY	Whole Grain Cranberry Orange Scone Papaya & Apple 100% Fruit Puree	Yummy Broccoli Lentil Soup (*broccoli, celery, lentils, onions, potatoes) "Out of the Oven" Baguette Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Vegan Brioche Plant Based Apple Pie Cream Cheeze	Harvest Sun Spinach & Cheese Medallions with Creamy Garlic Bean Sauce *Spring Mix Salad Fresh Fruit	Fresh Fruit Whole Grain Triscuit Thins
THURSDAY	Yogurt Fresh Fruit	Baked Extra Lean Beef Burger Whole Wheat Artisan Bun *Broccoli & Cauliflower Fresh Fruit	Fresh Carrots Veggie Pizza Square
FRIDAY	Blueberry Oatmeal Bar	Fiesta Egg Casserole (*bell pepper strips, bow tie pasta, cabbage, carrots, egg, onions) Fresh Fruit	Vegan Oatmeal Date Cookie Apple Raspberry Chia 100% Fruit Puree

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