

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Chicken mac & cheese, *spring mix salad, fresh fruit</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 ground beef meatballs, whole wheat bun, vegetable medley (*broccoli, *carrots, cauliflower), fresh fruit</p> <p>PM Snack: Fresh fruit, whole grain parmesan Triscuits</p>	<p>AM Snack: Whole grain apple cereal mix, fresh fruit, milk</p> <p>Lunch: Baked fish wedge, barley vegetable risotto (barley, 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 salad, 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: fresh vegetables, spinach & feta swirls</p>
WEEK 2	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Sizzling egg & veggie chow mein stirfry (*bell peppers, cabbage, *carrots, cauliflower, egg, chow mein noodles, *edamame, onions), fresh fruit</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</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: Chicken meatballs with tomato sauce, vegetable rotini, *spring mix salad, 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: Baked fish cakes, whole wheat pita, *broccoli & cauliflower, fresh fruit</p> <p>PM Snack: Potato & scallion roll, fresh carrots</p>	<p>AM Snack: Dill-ish egg salad, 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 tomato sauce, vegetable couscous (*carrots, corn, couscous, *leeks, *peas), fresh fruit</p> <p>PM Snack: Garden salsa, multigrain pita crisps</p>	<p>AM Snack: Vegan brioche bread, strawberry spread</p> <p>Lunch: Egg patty, 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, *spring mix salad, 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 taco, whole wheat tortilla, *green salad with purple cabbage, fresh fruit</p> <p>PM Snack: Fresh 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 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</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 burger, 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 tuna & veggie pasta (*carrots, cauliflower, tuna, *green beans, *mango, onion, parsley, pasta, yellow beans), fresh fruit</p> <p>PM Snack: Potato & scallion roll, fresh carrots</p>	<p>AM Snack: Hard boiled egg, 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.

