

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack: Whole Grain Cereal, Milk</p> <p>Lunch: Butter Chicken & Vegetables with Whole Wheat Couscous (cauliflower, chicken, *mixed bell pepper strips, onions, *peas, *sliced carrots), Fresh Fruit, Milk</p> <p>PM Snack: Apple Oat Bun & Fresh Fruit</p>	<p>AM Snack: Coconut Oatmeal Bar</p> <p>Lunch: Extra Lean Beef Meatballs with Yummy Tomato Sauce, Whole Wheat Rotini, *Green & Yellow Beans, Fresh Fruit, Milk</p> <p>PM Snack: Whole Wheat Naan, Edamame & Green Pea Spread</p>	<p>AM Snack: Whole Grain Blueberry Scone, Blueberry & Apple 100% Fruit Puree</p> <p>Lunch: Yummy Corn Chowder (cauliflower, *carrots, celery, corn, onions, potatoes, white beans), 9 Grain Bread, Dill Dairy Free Spread, Fresh Fruit, Milk</p> <p>PM Snack: Fresh Fruit, Whole Grain Sundried Tomato & Basil Crackers</p>	<p>AM Snack: Whole Grain Raisin Bread, Cinnamon Spread</p> <p>Lunch: Baked Pollock Fish Wedge, Garden Rice (*broccoli, brown rice, *green/red peppers, onions, *squash), Fresh Fruit, Milk</p> <p>PM Snack: Steamed Vegetables, Pretzel Roll</p>	<p>AM Snack: Yogurt, Fresh Fruit</p> <p>Lunch: Turkey & Black Bean Taco, Whole Wheat Tortilla, *Green Peas & Corn, Fresh Fruit, Milk</p> <p>PM Snack: Vegan Oatmeal Cranberry Cookie, Dragon Fruit & Apple 100% Fruit Puree</p>
WEEK 2	<p>AM Snack: Whole Grain Cereal, Milk</p> <p>Lunch: Chicken & Veggie Stirfry (*broccoli, cabbage, cauliflower, *carrots, chicken, *green/red/yellow pepper strips, onions, rice vermicelli), Fresh Fruit, Milk</p> <p>PM Snack: Yummy Tropical Fruit & Veg Salsa, Multigrain Pita Crackers</p>	<p>AM Snack: Waffles, Raspberry Crumble 100% Fruit Puree</p> <p>Lunch: Baked Haddock & Cod Fish Cakes, Golden Vegetable Barley (barley, *carrots, celery, corn, onions, *spinach), Fresh Fruit, Milk</p> <p>PM Snack: Fresh Fruit, Whole Grain Cheese Bite Crackers</p>	<p>AM Snack: Whole Grain Apple Cinnamon Cereal Mix, Fresh Fruit & Milk</p> <p>Lunch: Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce, *Green & Yellow Beans, Fresh Fruit, Milk</p> <p>PM Snack: Whole Grain Strawberry Banana Oat Loaf, Acai Berry & Apple 100% Fruit Puree</p>	<p>AM Snack: Whole Wheat English Muffin, Yummy Sweet Peach Mango Bean Spread</p> <p>Lunch: Pumpkin Soup (*carrots, *green peas, orzo pasta, *pumpkin, white beans), Light Rye Bread, Maple Dairy Free Spread, Fresh Fruit, Milk</p> <p>PM Snack: Yogurt, Multigrain Trail Mix</p>	<p>AM Snack: Whole Grain Everything Morning Toast Crackers, Marble Cheese Slice</p> <p>Lunch: Baked Chicken Kafta with Gravy, Brown Rice, *Broccoli & Cauliflower, Fresh Fruit, Milk</p> <p>PM Snack: Steamed Sliced Carrots, Mini Pizza Swirl</p>
WEEK 3	<p>AM Snack: Whole Grain Cereal, Milk</p> <p>Lunch: Vegetarian Lazy Lasagna (celery, *green/red peppers, mafalda pasta, onions, *spinach, soy protein, tomatoes), *Diced Carrots, Fresh Fruit, Milk</p> <p>PM Snack: Blueberry Oat Bun, Fresh Fruit</p>	<p>AM Snack: Fruit & Oatmeal Bar</p> <p>Lunch: Chicken Noodle Soup (celery, *diced carrots, diced chicken, fresh noodles, *kale, onions, potatoes), Whole Wheat Homestyle Bread, Garlic Dairy Free Spread, Fresh Fruit, Milk</p> <p>PM Snack: Garlic Naan, Yummy Tomato Bruschetta</p>	<p>AM Snack: Whole Grain Cinnamon Scone, Pumpkin & Apple 100% Fruit Puree</p> <p>Lunch: Baked Pollock Fish Wedge, Tomato Brown Rice, Broccoli & Cauliflower, Fresh Fruit, Milk</p> <p>PM Snack: Fresh Fruit, Spice Snaps</p>	<p>AM Snack: Whole Grain Cranberry Bread, Very Berry Spread</p> <p>Lunch: Baked Extra Lean Beef Burgers, Whole Wheat Bun, Mixed Vegetables (*carrots, *green and yellow beans), Fresh Fruit, Milk</p> <p>PM Snack: Steamed Vegetables, Pretzel Roll</p>	<p>AM Snack: Yogurt, Fresh Fruit</p> <p>Lunch: Chicken Stroganoff with Pasta (chicken, corn, mushrooms, onions, parsley, pasta, *sliced carrots, *spinach), Fresh Fruit, Milk</p> <p>PM Snack: Vegan Oatmeal Date Cookies, Unsweetened Applesauce</p>
WEEK 4	<p>AM Snack: Whole Grain Cereal, Milk</p> <p>Lunch: Extra Lean Beef Meatballs with Tomato Sauce, Whole Wheat Bun, Mixed Winter Blend Vegetables (*broccoli, cauliflower), Fresh Fruit, Milk</p> <p>PM Snack: Yummy Tropical Fruit & Veg Salsa, Multigrain Pita Crackers</p>	<p>AM Snack: Waffles, Maple & Apple 100% Fruit Puree</p> <p>Lunch: Chickpea Florentine (chickpeas, onions, pasta, *spinach), *Diced Carrots, Fresh Fruit, Milk</p> <p>PM Snack: Fresh Fruit, Whole Grain Triscuit</p>	<p>AM Snack: Whole Grain Apple Cinnamon Cereal Mix, Fresh Fruit, Milk</p> <p>Lunch: Minestrone Soup (cabbage, *carrots, celery, kidney beans, onions, pasta, *peas, potatoes, tomatoes), Whole Wheat Bread, Dairy Free Spread, Fresh Fruit, Milk</p> <p>PM Snack: Whole Grain Carrot Spice Loaf, Pear & Apple 100% Fruit Puree</p>	<p>AM Snack: Whole Wheat English Muffin, Yummy Sweet Peach Mango Bean Spread</p> <p>Lunch: Chicken Vegetable Italiano (*carrots, celery, chicken breast strips, *green peppers, mushrooms, onions, *spinach), Vegetable Fusilli Pasta, Fresh Fruit, Milk</p> <p>PM Snack: Yogurt, Multigrain Trail Mix</p>	<p>AM Snack: Cracked Wheat Crackers, Marble Cheese Slice</p> <p>Lunch: Yummy Lentil Dahl, Vegetable Rice (brown rice, *carrots, onions, *peas), Fresh Fruit, Milk</p> <p>PM Snack: Steamed Carrots, Mini Pizza Swirl</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.