

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