

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (snack plus)	Rice Krispies Cereal, Milk, Fresh Fruit	Banana Oatmeal Bar, Fresh Fruit	Whole Wheat Pancake, Apple Butter, Fresh Fruit	Organic Whole Wheat Carrot Muffin, Fresh Fruit	Multi Grain Cheerios Cereal, Milk, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Beef Burger, Hamburger Bun, Green Beans, Fresh Fruit	Scrambled Eggs, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots, Fresh Fruit	Breaded Chicken Pieces, Brown Rice, Plum Sauce, Peas and Corn, Fresh Fruit	Turkey Cacciatore Stew, Whole Wheat Roll, Leafy Greens, Balsamic Dressing, Fresh Fruit	Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit
Entrée B HEALTHY CHOICES	Chicken Macaroni and Cheese, Green Beans, Fresh Fruit	Turkey and Whole Grain Noodle Soup, Artisan Roll, Baby Carrots, Fresh Fruit	Creamy Tomato Beef and Whole Grain Pasta, Peas and Corn, Fresh Fruit	Teriyaki Chicken Drumstick, Brown Rice, Peas, Fresh Fruit	Sweet and Sour Beef, Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit
PM Snack (snack plus)	Spice Snaps, Fresh Fruit, Peach Yogurt	Whole Wheat Melba Toast, Cheddar Cheese Slice, Fresh Fruit	Whole Grain Oatmeal Cookie, Applesauce, Edamame	Whole Wheat Breadsticks, Hummus, Cucumber Slices	Whole Wheat Apple Cranberry Loaf, Baby Carrots, Cheddar Cheese Cubes

*All meals and snacks are 100% nut-free, shellfish-free and pork-free

We have developed
our healthiest most
WHOLESONE menu yet!



Our WHOLESONE Menu Includes:



Simple, wholesome ingredients for growing bodies and minds.



Meals and snacks using municipal, provincial and national nutritional guidelines.



Food kids love to eat.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (snack plus)	Corn Flakes Cereal, Milk, Fresh Fruit	Whole Wheat Mini Bagel, Apple Butter, Fresh Fruit	Peach Yogurt, Whole Grain Granola, Fresh Fruit	Organic Whole Wheat Banana Muffin, Applesauce	Whole Wheat Shreddies Cereal, Milk, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Brazilian Chicken Stew, Whole Wheat Naan, Green and Yellow Beans, Fresh Fruit	Vegetarian (Legume) Cheeseburger Mac, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit	Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit	Beef in Gravy, Whole Grain Pasta, Diced Carrots, Fresh Fruit	Fish Lasagna, Leafy Greens, French Dressing, Fresh Fruit
Entrée B HEALTHY CHOICES	Beef Meatballs in Tomato Sauce, Brown Rice, Green and Yellow Beans, Fresh Fruit	Breaded Chicken, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit	Beef Chili, Cornbread, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit	Egg Square, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots, Fresh Fruit	Mild Cajun Chicken Drumstick, Brown Rice Leafy Greens, French Dressing, Fresh Fruit
PM Snack (snack plus)	Organic Spelt Mini Ginger Snaps, Baby Carrots, Vanilla Yogurt	Whole Wheat Crackers, Cheese Curds, Guacamole	Whole Wheat Oat and Date Loaf, Cucumber Slices, Hard Boiled Egg	Banana Oatmeal Bar, Fresh Fruit, Edamame	Vanilla Yogurt, Fresh Fruit, Whole Wheat Digestive Cookies

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AM Snack (snack plus)	Rice Krispies Cereal, Milk, Fresh Fruit	Whole Wheat Cinnamon Scone, Fresh Fruit	Whole Wheat Oat Cranberry Cookie, Applesauce	Multi Grain Cheerios Cereal, Milk, Fresh Fruit	Organic Whole Wheat Carrot Muffin, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit	Breaded Fish Sticks, Whole Wheat Wrap, Diced Carrots, Fresh Fruit	Beef Bolognese with Whole Grain Pasta, Sunrise Vegetables (Green Beans/Carrots) , Fresh Fruit	Salsa Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit	Beef Burger, Hamburger Bun, Broccoli, Fresh Fruit
Entrée B HEALTHY CHOICES	Beef in Gravy, Mashed Potatoes, Whole Wheat Bread, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit	Chicken Noodle Soup, Whole Wheat Roll, Baby Carrots, Fresh Fruit	Turkey Meatballs in Tomato Sauce, Whole Wheat Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit	Classic Mac and Cheese, Edamame and Pepper Salad, Peas and Corn, Fresh Fruit	Butter Chicken, Brown Rice, Broccoli, Fresh Fruit
PM Snack (snack plus)	Whole Wheat Crackers, Cheese Curds, Grape Tomatoes	Whole Wheat Banana Oat Bite, Fresh Fruit, Edamame	Whole Wheat Breadsticks, Cheddar Cheese Slice, Cucumber Slices	Spice Snaps, Fresh Fruit, Hardboiled Egg	Organic Gluten Free Whole Grain Strawberry Granola Bar, Baby Carrots, Vanilla Yogurt

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AM Snack (snack plus)	Corn Flakes Cereal, Milk, Fresh Fruit	Whole Wheat Cinnamon Raisin Bagel, Apple Butter, Fresh Fruit	Strawberry Yogurt, Whole Grain Granola, Fresh Fruit	Organic Whole Wheat Banana Muffin, Fresh Fruit	Whole Wheat Shreddies Cereal, Milk, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Turkey Lasagna, Diced Carrots, Fresh Fruit	Breaded Chicken Pieces, Brown Rice, Peas and Corn, Plum Sauce, Fresh Fruit	Whitefish Bowtie Pasta in Rose Sauce, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit	Beef Meatballs in Gravy, Bun, Green Beans, Fresh Fruit	Breaded Chicken, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit
Entrée B HEALTHY CHOICES	Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit	Beef Strips in Gravy, Brown Rice, Peas and Corn, Fresh Fruit	Portuguese Chicken Drumstick, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit	Minestrone Soup, Whole Wheat Roll, Baby Carrots, Fresh Fruit	BBQ Baked Beans, Whole Wheat Texas Toast, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit
PM Snack (snack plus)	Mini Cocoa Snaps, Fresh Fruit, Cheese Curds	Whole Wheat Pita Pocket, Cheddar Cheese Slice, Fresh Fruit	Whole Wheat Oat and Date Loaf, Fresh Fruit, Edamame	Whole Wheat Round Crackers, Grape Tomatoes, Cheese Cubes	Whole Wheat Digestive Biscuits, Vanilla Yogurt, Cucumber Slices

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