

# Fall/Winter 2023/2024 Vegetarian Menu

**WEEK 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Rice Krispies Cereal, Milk	Banana Oatmeal Bar	Whole Wheat Pancake, Apple Butter	Organic Whole Wheat Carrot Muffin	Multi Grain Cheerios Cereal, Milk
<b>HEALTHY CHOICES Entrée</b>	Vegetarian (Soy) Burger, Hamburger Bun, Green Beans, Fresh Fruit	Scrambled Eggs, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots, Fresh Fruit	Creamy Tomato Beans and Whole Grain Pasta, Peas and Corn, Fresh Fruit	Legume Cacciatore Stew, Whole Wheat Roll, Leafy Greens, Balsamic Dressing, Fresh Fruit	Breaded Fish Sticks, Whole Wheat Wrap, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit
<b>PM Snack</b>	Spice Snaps, Fresh Fruit	Whole Wheat Melba Toast, Cheddar Cheese Slice	Whole Grain Oatmeal Cookie, Applesauce	Whole Wheat Breadsticks, Hummus	Whole Wheat Apple Cranberry Loaf, Baby Carrots

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

**WEEK 2**




	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Corn Flakes Cereal, Milk	Whole Wheat Mini Bagel, Apple Butter	Peach Yogurt, Whole Grain Granola	Organic Whole Wheat Banana Muffin	Whole Wheat Shreddies Cereal, Milk
<b>HEALTHY CHOICES Entrée</b>	Vegetarian (Soy) Meatballs in Tomato Sauce, Brown Rice, Green and Yellow Beans, Fresh Fruit	Meatless (Pea Protein) Mac and Cheese, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit	Bean Chili, Cornbread, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit	Egg Square, Shredded Cheddar Cheese, Whole Wheat Bread, Diced Carrots, Fresh Fruit	Fish Lasagna, Leafy Greens, French Dressing, Fresh Fruit
<b>PM Snack</b>	Organic Spelt Mini Ginger Snaps, Baby Carrots	Whole Wheat Crackers, Cheese Curds	Whole Wheat Raspberry Loaf, Cucumber Slices	Banana Oatmeal Bar, Fresh Fruit	Vanilla Yogurt, Fresh Fruit

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We have developed our healthiest most **WHOLESOME** menu yet!



## Our WHOLESOME 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
<b>AM Snack</b>	Rice Krispies Cereal, Milk	Whole Wheat Blueberry Scone	Whole Wheat Oat Cranberry Cookie	Multi Grain Cheerios Cereal, Milk	Organic Whole Wheat Carrot Muffin
<b>HEALTHY CHOICES Entrée</b>	Egg Patty, English Muffin, Cheddar Cheese Slice, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit	Breaded Fish Sticks, Whole Wheat Wrap, Diced Carrots, Fresh Fruit	Vegetarian (Soy) 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 Legumes, Brown Rice, Broccoli, Fresh Fruit
<b>PM Snack</b>	Whole Wheat Crackers, Cheese Curds	Whole Wheat Banana Oat Bite, Fresh Fruit	Whole Wheat Breadsticks, Cheddar Cheese Slice	Spice Snaps, Fresh Fruit	Organic Gluten Free Whole Grain Strawberry Granola Bar, Baby Carrots

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Corn Flakes Cereal, Milk	Wholes Wheat Cinnamon Raisin Bagel, Apple Butter	Strawberry Yogurt, Whole Grain Granola	Organic Whole Wheat Banana Muffin	Whole Wheat Shreddies Cereal, Milk
<b>HEALTHY CHOICES Entrée</b>	Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit	Beefstyle (Soy) in Gravy, Brown Rice, Peas and Corn, Fresh Fruit	Whitefish Bowtie Pasta in Rose Sauce, 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
<b>PM Snack</b>	Mini Cocoa Snaps, Fresh Fruit	Whole Wheat Pita Pocket, Cheddar Cheese Slice	Whole Wheat Raspberry Loaf Fresh Fruit	Whole Wheat Round Crackers, Grape Tomatoes	Whole Wheat Digestive Biscuits, Vanilla Yogurt

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



Food kids love to eat.