

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (snack plus)	Multigrain Cheerios, Milk, Fresh Fruit	Whole Wheat Pancake, Apple Butter, Fresh Fruit	Banana Oatmeal Bar, Fresh Fruit	Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit	Rice Krispies, Milk, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit	Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn, Fresh Fruit	Cheddar Cheese Omelette, Whole Wheat Mini Bagel, Green Peas, Fresh Fruit	Apricot Halal Chicken Drumstick, Whole Grain Pasta, Green Beans, Fresh Fruit	Fish Sticks, Brown Rice, Carrots & Turnips, Fresh Fruit
Entrée B HEALTHY CHOICES	Chicken Alfredo Pasta, Sunrise Vegetables (Green Beans/Carrots), Fresh Fruit	Turkey Alphabet Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit	Tomato Halal Beef Mac & Cheese, Green Peas, Fresh Fruit	Creamy Tukey and Bean Chili, Cornbread, Green Beans, Fresh Fruit	Sweet and Sour Halal Beef Strips, Brown Rice, Carrots & Turnips, Fresh Fruit
PM Snack (snack plus)	Spice Snaps, Fresh Fruit, Peach Yogurt	Whole Wheat Pita Pocket, Cheddar Cheese Slice, Fruity Applesauce	Whole Wheat Digestive Cookie, Fresh Fruit, Edamame	Whole Wheat Crackers, Cheese Cubes, Blanched Baby Carrots	Whole Wheat Maple Oat Loaf, Cucumber Slices, Hummus

*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)	Shreddies with Milk, Fresh Fruit	Whole Wheat Banana Oat Bite, Fresh Fruit	Strawberry Yogurt, Whole Grain Granola, Fresh Fruit	Whole Wheat Fruit and Fibre Muffin, Fresh Fruit	Corn Flakes with Milk, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Beef Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit	Butter Chicken, Naan, Green Beans, Fresh Fruit	Turkey Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit	Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit	Breaded Fish, Hamburger Bun, Peas and Corn, Fresh Fruit
Entrée B HEALTHY CHOICES	Hearty Chicken Pot Pie Soup, Whole Wheat Dinner Roll, Baby Carrots, Fresh Fruit	Scrambled Eggs, Roasted Potatoes, Shredded Cheddar Cheese, Whole Wheat Bread, Fresh Fruit	Mexican Halal Beef Tacos, Whole Wheat Wrap, Pico de Gallo, Fresh Fruit	Lemon Halal Chicken Drumstick, Whole Wheat Pita Pocket, Carrots and Turnips, Fresh Fruit	Italian Ground Turkey with Pasta, Leafy Greens, Italian Dressing, Fresh Fruit
PM Snack (snack plus)	Organic Gluten-Free Whole Grain Mixed Berry Ganola Minis, Fresh Fruit, Vanilla Yogurt	Whole Wheat Melba Toast, Cheese Curds, Baby Carrots	Mini Cocoa Snaps, Fruity Applesauce, Hardboiled Egg	Whole Wheat Breadsticks, Cheese Cubes, Guacamole	Whole Grain Oatmeal Cookie, Fresh Fruit, Edamame

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AM Snack (snack plus)	Multi Grain Cheerios with Milk, Fresh Fruit	Whole Grain Coconut Date Bites, Fruity Applesauce	Whole Wheat Mini Bagel, Cream Cheese, Fresh Fruit	Rice Krispies with Milk, Fresh Fruit	Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Swedish Turkey Meatballs, Whole Grain Pasta, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit	Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit	BBQ Halal Chicken Drunstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit	Ground Turkey Taco, Whole Wheat Wrap, Shredded Cheddar Cheese, Corn, Fresh Fruit	Macaroni and Cheese, Black Bean & Corn Salad, Diced Carrots, Fresh Fruit
Entrée B HEALTHY CHOICES	Ground Halal Beef Sloppy Joe, Hamburger Bun, White Cheese Slice, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit	Chicken Tikka Stew, Whole Wheat Naan, Broccoli, Fresh Fruit	Halal Beef Bolognese Pasta, Leafy Greens, Balsamic Dressing, Fresh Fruit	Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Corn, Fresh Fruit	Breaded Chicken, Hamburger Bun, Diced Carrots, Fresh Fruit
PM Snack (snack plus)	Organic Spelt Mini Ginger Snaps, Vanilla Yogurt, Fresh Fruit	Whole Wheat Crackers, Cheddar Cheese Slice, Baby Carrots	Whole Wheat Lemon Blueberry Loaf, Fresh Fruit, Hardboiled Egg	Banana Oatmeal Bar, Applesauce, Edamame	Spice Snaps, Cucumber Slices, Strawberry Yogurt

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AM Snack (snack plus)	Shreddies with Milk, Fresh Fruit	Whole Wheat Apple Cinnamon Bagel, Apple Butter, Fresh Fruit	Peach Yogurt with Whole Grain Granola, Fresh Fruit	Whole Wheat Fruit and Fibre Muffin, Fresh Fruit	Corn Flakes with Milk, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans, Fresh Fruit	Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit	Herbed Halal Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit	Beef Burger, Hamburger Bun, Carrots & Turnips, Fresh Fruit	Meatless (Pea Protein) Bolognese Whole Grain Pasta, Leafy Greens, Raspberry Dressing, Fresh Fruit
Entrée B HEALTHY CHOICES	Turkey Lasagna, Green Beans, Fresh Fruit	Mini Beef Meatball Soup, Whole Wheat Dinner Roll, Baby Carrots, Fresh Fruit	BBQ Diced Turkey, Brown Rice, Peas and Corn, Fresh Fruit	Whitefish Bowtie Pasta in Rose Sauce, Carrots & Turnips, Fresh Fruit	Balsamic Halal Chicken Drumstick, Whole Grain Pasta, Leafy Greens, Raspberry Dressing, Fresh Fruit
PM Snack (snack plus)	Whole Grain Raspberry Coconut Date Bites, Fresh Fruit, Vanilla Yogurt	Whole Wheat Round Crackers, Cheese Curds, Grape Tomatoes	Whole Wheat Maple Oat Loaf, Applesauce, Edamame	Whole Wheat Crackers, Cheddar Cheese Slice, Fresh Fruit	Whole Wheat Digestive Biscuits, Strawberry Yogurt, Fresh Fruit

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