

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (standard snack)	Multigrain Cheerios, Milk	Whole Wheat Pancake, Apple Butter	Banana Oatmeal Bar	Whole Wheat Cocoa Zucchini Muffin	Rice Krispies, Milk
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 (standard snack)	Spice Snaps, Fresh Fruit	Whole Wheat Pita Pocket, Cheddar Cheese Slice	Whole Wheat Digestive Cookies, Fresh Fruit	Whole Wheat Crackers, Cheese Cubes	Whole Wheat Maple Oat Loaf, Cucumber Slices

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

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
AM Snack (standard snack)	Shreddies with Milk	Whole Wheat Banana Oat Bite	Strawberry Yogurt, Whole Grain Granola	Whole Wheat Fruit and Fibre Muffin	Corn Flakes with Milk
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 (standard snack)	Organic Gluten-Free Whole Grain Mixed Berry Ganola Minis, Fresh Fruit	Whole Wheat Melba Toast, Cheese Curds	Mini Cocoa Snaps, Fruity Applesauce	Whole Wheat Breadsticks, Cheese Cubes	Whole Grain Oatmeal Cookie, Fresh Fruit

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	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (standard snack)	Multi Grain Cheerios with Milk	Whole Grain Coconut Date Bites	Whole Wheat Mini Bagel, Cream Cheese	Rice Krispies with Milk	Whole Wheat Cocoa Zucchini Muffin
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 (standard snack)	Organic Spelt Mini Ginger Snaps, Vanilla Yogurt	Whole Wheat Crackers, Cheddar Cheese Slice	Whole Wheat Lemon Blueberry Loaf, Fresh Fruit	Banana Oatmeal Bar, Applesauce	Spice Snaps, Cucumber Slices

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	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (standard snack)	Shreddies with Milk	Whole Wheat Apple Cinnamon Bagel, Apple Butter	Peach Yogurt with Whole Grain Granola	Whole Wheat Fruit and Fibre Muffin	Corn Flakes with Milk
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 (standard snack)	Whole Grain Raspberry Coconut Date Bites, Fresh Fruit	Whole Wheat Round Crackers, Cheese Curds	Whole Wheat Maple Oat Loaf, Applesauce	Whole Wheat Crackers, Cheddar Cheese Slice	Whole Wheat Digestive Biscuits, Strawberry Yogurt

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