

Spring/Summer 2024 Halal Menu

WEEK 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|--|---|--|--|--|
| AM Snack | Multigrain Cheerios, Milk | Whole Wheat Pancake, Apple Butter | Banana Oatmeal Bar | Whole Wheat Cocoa Zucchini Muffin | Rice Krispies, Milk |
| HEALTHY CHOICES Entrée | Halal Beef Burger, Hamburger Bun, Sunrise Vegetables (Green Beans, Carrots), Fresh Fruit | Halal Chicken Alphabet Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit | Cheddar Cheese Omelette, Whole Wheat Mini Bagel, Green Peas, Fresh Fruit | Apricot Halal Chicken Drumstick, Whole Grain Pasta, Green Beans, Fresh Fruit | Sweet & Sour Halal Beef Strips, Brown Rice, Carrots & Turnips, Fresh Fruit |
| PM 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

WEEK 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|--|---|--|---|---|
| AM Snack | Shreddies with Milk | Whole Wheat Banana Oat Bite | Strawberry Yogurt, Whole Grain Granola | Whole Wheat Fruit and Fibre Muffin | Corn Flakes with Milk |
| HEALTHY CHOICES Entrée | Hearty Halal 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 | Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit | Breaded Fish, Hamburger Bun, Peas and Corn, Fresh Fruit |
| PM 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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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.

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WEEK 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|---|--|---|--|--|
| AM 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 |
| HEALTHY CHOICES Entrée | Ground Halal Beef Sloppy Joe, Hamburger Bun, White Cheese Slice, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit | Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit | BBQ Halal Chicken Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit | Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Corn, Fresh Fruit | Macaroni and Cheese, Black Bean & Corn Salad, Diced Carrots, Fresh Fruit |
| PM 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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WEEK 4

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|---|---|--|--|---|
| AM 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 |
| HEALTHY CHOICES Entrée | Halal Beef Lasagna, 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 | Whitefish Bowtie Pasta in Rose Sauce, Carrots & Turnips, Fresh Fruit | Meatless (Pea Protein) Bolognese Whole Grain Pasta, Leafy Greens, Raspberry Dressing, Fresh Fruit |
| PM 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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