

Spring/Summer 2024 Menu

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multigrain Cheerios, Milk	Whole Wheat Pancake, Strawberry Jam	Banana Oatmeal Bar	Whole Wheat Cocoa Zucchini Muffin	Rice Krispies, Milk
HEALTHY BALANCE Entrée	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 Bread, Green Peas, Fresh Fruit	Teriyaki Halal Chicken Drumstick, Whole Grain Pasta, Green Beans, Fresh Fruit	Fish Sticks, 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 BALANCE Entrée	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
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 Oatmeal Cranberry Cookie	Whole Wheat Mini Bagel, Cream Cheese	Rice Krispies with Milk	Whole Wheat Cocoa Zucchini Muffin
HEALTHY BALANCE Entrée	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 Drumstick, Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit	Teriyaki Diced Turkey, Whole Wheat Bread, 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 BALANCE Entrée	Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Beans, Fresh Fruit	Egg Patty, 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	Halal Beef Bolognese Whole Grain Pasta, Leafy Greens, Raspberry Dressing, Fresh Fruit
PM Snack	Organic Gluten Free Whole Grain Raspberry Granola Bar, 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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