

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b> (snack plus)	Multigrain Cheerios, Milk, Fresh Fruit	Whole Wheat Pancake, Strawberry Jam, Fresh Fruit	Banana Oatmeal Bar, Fresh Fruit	Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit	Rice Krispies, Milk, Fresh Fruit
<b>Entrée A</b>  <b>HEALTHY CHOICES</b> <b>HEALTHY BALANCE</b>	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
<b>Entrée B</b>  <b>HEALTHY CHOICES</b>	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	Turkey and Corn Chowder, Cornbread, Green Beans, Fresh Fruit	Sweet and Sour Halal Beef Strips, Brown Rice, Carrots & Turnips, Fresh Fruit
<b>PM Snack</b> (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
<b>AM Snack</b> (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
<b>Entrée A</b>  <b>HEALTHY CHOICES</b> <b>HEALTHY BALANCE</b>	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
<b>Entrée B</b>  <b>HEALTHY CHOICES</b>	Chicken Noodle Soup, Whole Wheat Dinner Roll, Baby Carrots, Fresh Fruit	Scrambled Eggs, Roasted Potatoes, Shredded Cheddar Cheese, Whole Wheat Bread, Fresh Fruit	Halal Beef Mac and Cheese, 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
<b>PM Snack</b> (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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<b>AM Snack</b> (snack plus)	Multi Grain Cheerios with Milk, Fresh Fruit	Whole Grain Oatmeal Cranberry Cookie, Fruity Applesauce	Whole Wheat Mini Bagel, Cream Cheese, Fresh Fruit	Rice Krispies with Milk, Fresh Fruit	Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit
<b>Entrée A</b>  <b>HEALTHY CHOICES</b> <b>HEALTHY BALANCE</b>	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	Teriyaki Diced Turkey, Whole Wheat Bread, Corn, Fresh Fruit	Macaroni and Cheese, Black Bean & Corn Salad, Diced Carrots, Fresh Fruit
<b>Entrée B</b>  <b>HEALTHY CHOICES</b>	Ground Halal Beef Sloppy Joe, Hamburger Bun, White Cheese Slice, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit	Chicken Tikka Stew, Whole Wheat Pita Pocket 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
<b>PM Snack</b> (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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<b>AM Snack</b> (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
<b>Entrée A</b>  <b>HEALTHY CHOICES</b> <b>HEALTHY BALANCE</b>	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
<b>Entrée B</b>  <b>HEALTHY CHOICES</b>	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
<b>PM Snack</b> (snack plus)	Organic Gluten Free Whole Grain Raspberry Granola Bar, 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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