

# Fall/Winter 2024-2025 Menu

**WEEK 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Rice Krispies Cereal, Milk	Whole Wheat Bagel, Cream Cheese	Whole Wheat Pancake, Strawberry Jam	Whole Wheat Apple Zucchini Muffin	Multigrain Cheerios Cereal, Milk
<b>HEALTHY BALANCE Entrée</b>	Breaded Chicken Pieces, Brown Rice, Plum Sauce, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit	Scrambled Eggs, Whole Wheat Bread, Shredded Cheese, Green Beans, Fresh Fruit	Beef Burger, Hamburger Bun, Diced Carrots, Fresh Fruit	Whitefish Bowtie Pasta in Rose Sauce, Peas & Corn, Fresh Fruit	Turkey Meatballs in Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit
<b>PM Snack</b>	Ginger Snaps, Vanilla Yogurt	Whole Wheat Breadsticks, Cheese Curds	Spice Snaps, Applesauce	Soda Crackers, Cheese Slice	Whole Wheat Banana Oat Loaf, Cucumber Slices

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

**WEEK 2**




	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Corn Flakes Cereal, Milk	Banana Oat Bar	Strawberry Yogurt, Whole Grain Granola	Whole Wheat Carrot Muffin	Shreddies Cereal, Milk
<b>HEALTHY BALANCE Entrée</b>	Breaded Chicken Burger, Brown Rice, Diced Carrots, Fresh Fruit	Egg Patty, Cheese Slice, English Muffin, Green & Yellow Beans, Fresh Fruit	Ground Beef Bolgonese, Whole Grain Pasta, Peas & Corn, Fresh Fruit	Roasted Apple Chicken Drumstick, Brown Rice, Leafy Greens and Balsamic Dressing, Fresh Fruit	Beef Burger, Hamburger Bun, Green Peas, Fresh Fruit
<b>PM Snack</b>	Digestive Cookies, Fresh Fruit	Round Crackers, Cheese Curds	Oatmeal Cookie, Fruity Applesauce	Whole Wheat Flat Crackers, Hummus	Cocoa Snaps, 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.

## Fall/Winter 2024-2025 Menu

**WEEK 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Rice Krispies Cereal, Milk	Half English Muffin, Apple Butter	Banana Oat Bar	Multigrain Cheerios Milk	Whole Wheat Apple Zucchini Muffin
<b>HEALTHY BALANCE Entrée</b>	Beef & Tomato Cheezy Pasta, Green Beans, Fresh Fruit	Breaded Chicken Pieces, Brown Rice, Diced Carrots, Fresh Fruit	Beef Burger, Hamburger Bun, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit	Portuguese Chicken Drumstick, Whole Grain Pasta, Green Peas, Fresh Fruit	Fish Sticks, Brown Rice, Diced Carrots, Fresh Fruit
<b>PM Snack</b>	Organic Mixed Berry Granola Minis, Fresh Fruit	Spice Snaps, Vanilla Yogurt	Whole Wheat Banana Loaf, Baby Carrots	Melba toast, Cheese Cubes	Oatmeal Cranberry Crisp, Cantaloupe

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**WEEK 4**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Corn Flakes Cereal, Milk	Banana Oat Bite	Peach Yogurt with Whole Grain Granola	Whole Wheat Carrot Muffin	Shreddies Cereal, Milk
<b>HEALTHY BALANCE Entrée</b>	Ground Beef Bolognese, Whole Grain Pasta, Broccoli, Fresh Fruit	Classic Mac & Cheese, Black Bean, Corn & Quinoa Salad, Green Peas, Fresh Fruit	Fish Sticks, Brown Rice, Vegetable Medley, Fresh Fruit	Mini Beef Meatball Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit	Hidden Bean Lasagna, Peas & Corn, Fresh Fruit
<b>PM Snack</b>	Digestive Cookies, Fruit	Whole Wheat Flat Crackers, Cheese Curds	Whole Wheat Pumpkin Loaf, Fresh Fruit	Banana Oat Bar, Cucumbers	Half Pretzel Bun, White Cheese Slice

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Simple, wholesome ingredients for growing bodies and minds.



Meals and snacks using municipal, provincial and national nutritional guidelines.



Food kids love to eat.