

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (snack plus)	Rice Krispies Cereal, Milk, Fresh Fruit	Whole Wheat Bagel, Cream Cheese, Fresh Fruit	Whole Wheat Pancake, Strawberry Jam, Fresh Fruit	Whole Wheat Apple Zucchini Muffin, Fresh Fruit	Multigrain Cheerio Cereal, Milk, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	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
Entrée B HEALTHY CHOICES	Beef Lasagna, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit	Chicken Noodle Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit	Crustless Turkey Pot Pie, Mashed Potatoes, Noor Rolls, Fresh Fruit	Mild Cajun Chicken Drumstick, Brown Rice, Leafy Greens with French Dressing, Fresh Fruit	Italian Seasoned Beef with Pasta Sheels in Tomato Sauce, Carrots & Turnips, Fresh Fruit
PM Snack (snack plus)	Ginger Snaps, Vanilla Yogurt, Fresh Fruit	Whole Wheat Breadsticks, Cheese Curds, Guacamole	Spice Snaps, Applesauce, Edamame	Soda Crackers, Cheese Slice, Baby Carrots	Whole Wheat Banana Oat Loaf, Cucumber Slices, Hard Boiled Egg

*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 (snack plus)	Corn Flakes Cereal, Milk, Fresh Fruit	Banana Oat Bar, Fresh Fruit	Strawberry Yogurt, Whole Grain Granola, Fresh Fruit	Whole Wheat Carrot Muffin, Fresh Fruit	Shreddies Cereal, Milk, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	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
Entrée B HEALTHY CHOICES	Whitefish Mac & Cheese, Diced Carrots, Fresh Fruit	Turkey Lasagna, Green & Yellow Beans, Fresh Fruit	Breaded Fish Sandwich, Lemon Dill Sauce, Peas & Corn, Fresh Fruit	BBQ Diced Turkey, Brown Rice, Leafy Greens & Balsamic Dressing, Fresh Fruit	Creamy Chicken Whole Grain Noodle Casserole, Green Peas, Fresh Fruit
PM Snack (snack plus)	Digestive Cookies, Fresh Fruit, Peach Yogurt	Round Crackers, Cheese Curds, Grape Tomatoes	Oatmeal Cookie, Fruity Applesauce, Edamame	Whole Wheat Flat Crackers, Hummus and Cucumbers	Cocoa Snaps, Fresh Fruit, Cheese Slice

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	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (snack plus)	Rice Krispies Cereal, Milk, Fresh Fruit	Half English Muffin, Apple Butter, White Cheese Slice	Banana Oat Bar, Fruity Applesauce	Multigrain Cheerios with Milk, Fresh Fruit	Whole Wheat Apple Zucchini Muffin, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	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
Entrée B HEALTHY CHOICES	BBQ Turkey Meatballs, Brown Rice, Green Beans, Fresh Fruit	Mini Cheese Tortellini & White Bean Soup, Whole Wheat Baguette, Baby Carrots, Fresh Fruit	Classic Mac & Cheese, Black Bean, Corn & Quinoa Salad, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit	Turkey Sloppy Joe, Hamburger Bun, 1/2 White Cheese Slice, Green Peas and Fresh Fruit	Fiesta Mexican Ground Beef, Brown Rice, Diced Carrots, Fresh Fruit
PM Snack (snack plus)	Organic Mixed Berry Granola Minis, Fresh Fruit, Cheese Curds	Spice Snaps, Vanilla Yogurt, Fresh Fruit	Whole Wheat Banana Loaf, Baby Carrots and Hardboiled Egg	Melba toast, Cheese Cubes, Cucumber Slices	Oatmeal Cranberry Crisp, Cheese Cubes, Edamame

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	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (snack plus)	Corn Flakes Cereal with Milk, Fresh Fruit	Banana Oat Bite, Applesauce	Peach Yogurt with Whole Grain Granola, Fresh Fruit	Whole Wheat Carrot Muffin, Fresh Fruit	Shreddies Cereal with Milk, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	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
Entrée B HEALTHY CHOICES	Breaded Chicken, Hamburger Bun, Sweet Potato, Fresh Fruit	Turkey Meatballs in Tomato Sauce, Submarine Bun, Shredded Mozzarella, Green Peas, Fresh Fruit	Ground Beef & Potato Stew, Brown Rice, 4 Way Mixed Vegetables, Fresh Fruit	Turkey Burger, 1/2 Cheese Slice, Bun, Diced Carrots, Fresh Fruit	Moroccan Chicken Drumstick, Whole Grain Pasta, Leafy Greens with Italian Dressing, Fresh Fruit
PM Snack (snack plus)	Digestive Cookies, Fruit, Strawberry Yogurt, Fresh Fruit	Whole Wheat Flat Crackers, Cheese Curds, Fresh Fruit	Whole Wheat Pumpkin Loaf, Fresh Fruit, Edamame	Banana Oat Bar, Hummus, Cucumbers	Half Pretzel Bun, White Cheese Slice, Baby Carrots

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Our WHOLESONE Menu Includes:



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Food kids love to eat.