

Fall/Winter 2024-2025 Menu

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Double Up Previous Day Pantry Order* Prepare Onsite	Whole Wheat Bagel, Cream Cheese	Whole Wheat Pancake, Strawberry Jam	Double Up Previous Day Pantry Order* Prepare Onsite	Multigrain Cheerio Cereal, Milk
HEALTHY essentials Entrée	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	Chicken Noodle Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit	Whitefish Bowtie Pasta in Rose Sauce, Peas & Corn, Fresh Fruit	Mild Cajun Chicken Drumstick, Brown Rice, Leafy Greens with French Dressing, Fresh Fruit
PM Snack	Ginger Snaps, Vanilla Yogurt	Whole Wheat Breadsticks, Cheese Curds	Double Up Previous Day Pantry Order* Prepare Onsite	Soda Crackers, Cheese Slice	Double Up Previous Day Pantry Order* Prepare Onsite

*All meals and snacks are 100% nut-free, shellfish-free and pork-free
— Delivery days marked.




WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Double Up Previous Day Pantry Order* Prepare Onsite	Banana Oat Bar	Strawberry Yogurt, Whole Grain Granola	Double Up Previous Day Pantry Order* Prepare Onsite	Shreddies Cereal, Milk
HEALTHY essentials Entrée	Breaded Chicken Burger, Brown Rice, Diced Carrots, Fresh Fruit	Egg Patty, Cheese Slice, English Muffin, Green & Yellow Beans, Fresh Fruit	Turkey Lasagna, Green & Yellow Beans, Fresh Fruit	Roasted Apple Chicken Drumstick, Brown Rice, Leafy Greens and Balsamic Dressing , Fresh Fruit	BBQ Diced Turkey, Brown Rice, Leafy Greens & Balsamic Dressing, Fresh Fruit
PM Snack	Digestive Cookies, Fresh Fruit	Round Crackers, Cheese Curds	Double Up Previous Day Pantry Order* Prepare Onsite	Whole Wheat Flat Crackers, Hummus	Double Up Previous Day Pantry Order* Prepare Onsite

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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	Double Up Previous Day Pantry Order* Prepare Onsite	Half English Muffin, Apple Butter	Banana Oat Bar	Double Up Previous Day Pantry Order* Prepare Onsite	Whole Wheat Apple Zucchini Muffin
HEALTHY essentials Entrée	Beef & Tomato Cheezy Pasta, Green Beans, Fresh Fruit	Breaded Chicken Pieces, Brown Rice, Diced Carrots, Fresh Fruit	Mini Cheese Tortellini & White Bean Soup, Whole Wheat Baguette, Baby Carrots, Fresh Fruit	Portuguese Chicken Drumstick, Whole Grain Pasta, Green Peas, Fresh Fruit	Turkey Sloppy Joe, Hamburger Bun, 1/2 White Cheese Slice, Green Peas and Fresh Fruit
PM Snack	Organic Mixed Berry Granola Minis, Fresh Fruit	Spice Snaps, Vanilla Yogurt	Double Up Previous Day Pantry Order* Prepare Onsite	Melba Toast, Cheese Cubes, Cucumber Slices	Double Up Previous Day Pantry Order* Prepare Onsite

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WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Double Up Previous Day Pantry Order* Prepare Onsite	Banana Oat Bite	Peach Yogurt with Whole Grain Granola	Double Up Previous Day Pantry Order* Prepare Onsite	Shreddies Cereal with Milk
HEALTHY essentials Entrée	Beef Bolognese, Whole Grain Pasta, Broccoli, Fresh Fruit	Classic Mac & Cheese, Black Bean, Corn & Quinoa Salad, Green Peas, Fresh Fruit	Turkey Meatballs in Tomato Sauce, Submarine Bun, Shredded Mozzarella, Green Peas, Fresh Fruit	Mini Beef Meatball Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit	Turkey Burger, 1/2 Cheese Slice, Bun, Diced Carrots, Fresh Fruit
PM Snack	Digestive Cookies, Fruit, Strawberry Yogurt	Whole Wheat Flat Crackers, Cheese Curds	Double Up Previous Day Pantry Order* Prepare Onsite	Banana Oat Bar, Cucumbers	Double Up Previous Day Pantry Order* Prepare Onsite

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