

Fall/Winter 2024-2025 Halal Menu

WEEK 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|--|--|---|---|---|
| AM Snack | Rice Krispies Cereal, Milk | Whole Wheat Bagel, Cream Cheese | Whole Wheat Pancake, Strawberry Jam | Whole Wheat Apple Zucchini Muffin | Multigrain Cheerios Cereal, Milk |
| HEALTHY CHOICES Entrée | Halal Beef Lasagna, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit | Scrambled Eggs, Whole Wheat Bread, Shredded Cheese, Green Beans, Fresh Fruit | Halal Chicken Pot Pie, Mashed Potatoes, Noor Rolls, Fresh Fruit | Mild Cajun Halal Chicken Drumstick Brown Rice, Leafy Greens with French Dressing, Fresh Fruit | Italian Seasoned Halal Beef with Pasta Shells in Tomato Sauce, Carrots & Turnips, Fresh Fruit |
| PM Snack | 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 |
|-------------------------------|--|--|---|--|---|
| AM Snack | Corn Flakes Cereal, Milk | Banana Oat Bar | Strawberry Yogurt, Whole Grain Granola | Whole Wheat Carrot Muffin | Shreddies Cereal, Milk |
| HEALTHY CHOICES Entrée | Whitefish Mac & Cheese, Diced Carrots, Fresh Fruit | Egg Patty, Cheese Slice, English Muffin, Green & Yellow Beans, Fresh Fruit | Breaded Fish Sandwich, Lemon Dill Sauce, Peas & Corn, Fresh Fruit | Roasted Apple Halal Chicken Drumstick, Brown Rice, Leafy Greens and Balsamic Dressing, Fresh Fruit | Halal Beef Burger, Hamburger Bun, Green Peas, Fresh Fruit |
| PM Snack | 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.

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WEEK 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|--|---|---|--|--|
| AM Snack | Rice Krispies Cereal, Milk | Half English Muffin, Apple Butter | Banana Oat Bar | Multigrain Cheerios, Milk | Whole Wheat Apple Zucchini Muffin |
| HEALTHY CHOICES Entrée | Halal Beef & Tomato Cheezy Pasta, 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 | Portuguese Halal Chicken Drumstick, Whole Grain Pasta, Green Peas, Fresh Fruit | Fiesta Mexican Halal Ground Beef, Brown Rice, Diced Carrots, Fresh Fruit |
| PM Snack | 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 |
|-------------------------------|--|--|--|--|--|
| AM Snack | Corn Flakes Cereal, Milk | Banana Oat Bite | Peach Yogurt with Whole Grain Granola | Whole Wheat Carrot Muffin | Shreddies Cereal, Milk |
| HEALTHY CHOICES Entrée | Halal 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 | Halal Beef Burger, 1/2 Cheese Slice, Bun, Diced Carrots, Fresh Fruit | Moroccan Halal Chicken Drumstick, Whole Grain Pasta, Leafy Greens with Italian Dressing, Fresh Fruit |
| PM Snack | Digestive Cookies, Fresh 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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