

Fall/Winter 2024-2025 Vegetarian 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	Beef Style (Soy) Lasagna, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit	Scrambled Eggs, Whole Wheat Bread, Shredded Cheese, Green Beans, Fresh Fruit	Chick'n (Soy) Pot Pie, Mashed Potatoes, Noor Roll, Diced Carrots, Fresh Fruit	Whitefish Bowtie Pasta in Rose Sauce, Peas & Corn, Fresh Fruit	Vegetarian (Soy) Meatballs in Gravy, Brown Rice, Carrots and Turnip, Fresh Fruit
PM Snack	Ginger Snaps, Vanilla Yogurt	Whole Wheat Breadsticks, Cheese Curds	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

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	BBQ Chick'n (Soy), Brown Rice, Leafy Greens, Balsamic Dressing, Fresh Fruit	White Bean Whole Grain Noodle Casserole, Green Peas, Fresh Fruit.
PM Snack	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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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	Tomato Lentil Mac and Cheese, Green Beans, Fresh Fruit.	Mini Cheese Tortellini and 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	Beef Style (Soy) Sloppy Joe, Hamburger Bun, 1/2 White Cheese Slice, Green Peas, Fresh Fruit	Mexican Pea Crumble, Brown Rice, Diced Carrots, Fresh Fruit.
PM Snack	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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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	Vegetarian Chick'n Tenders, Hamburger Bun, Sweet Potato, Fresh Fruit	Classic Mac & Cheese, Black Bean, Corn & Quinoa Salad, Green Peas, Fresh Fruit	Fish Sticks, Brown Rice, Vegetable Medley, Fresh Fruit	Vegetarian (Soy) Burger, 1/2 Cheese Slice, Bun, Diced Carrots, Fresh Fruit.	Hidden Bean Lasagna, Peas & Corn, Fresh Fruit
PM Snack	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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