

Spring/Summer 2025 Menu

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Special K Cereal with Milk	Morning Breakfast Round	Multigrain Cheerios with Milk	Whole Wheat Cocoa Zucchini Muffin	Vanilla Yogurt, Whole Grain Granola
HEALTHY BALANCE Entrée	Classic Mac & Cheese, Chickpea and Orange Salad, Broccoli, Fresh Fruit	Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit	Egg Patty, Whole Wheat English Muffin, Cheese Slice, Peas and Corn, Fresh Fruit	Whitefish Whole Grain Pasta in Sundried Tomato Pesto Sauce, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit	Balsamic Glazed Chicken Drumstick, Brown Rice, Leafy Greens with Balsamic Dressing, Fresh Fruit
PM Snack	Whole Wheat Round Crackers, Cheese Cubes	Spice Snaps, Peach Yogurt	Whole Wheat Lemon Blueberry Loaf, Fresh Fruit	Whole Wheat Breadsticks, Hummus	Whole Wheat Bread, Cheddar Cheese Slice

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

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Krispies Cereal with Milk	Banana Oatmeal Bar	Corn Flakes Cereal with Milk	Overnight Oats	Whole Wheat Summer Berry Muffin
HEALTHY BALANCE Entrée	Turkey and Whole Grain Noodle Casserole, Green Peas, Fresh Fruit	Breaded Chicken Pieces, Brown Rice, Plum Sauce, Vegetable Medley (Corn, Beans, Peas, Carrots), Fresh Fruit	Beef Burger, Hamburger Bun, Sweet Potatoes, Fresh Fruit	Mini Cheese Tortellini & White Bean Soup, Whole Wheat Baguette, Cucumber Slices, Fresh Fruit	Fish Sticks, Whole Grain Pasta and Tomato Sauce, Baby Carrots, Fresh Fruit
PM Snack	Javaneh Bread Slice, Cheese Cubes	Digestive Biscuits, Fresh Fruit	Whole Wheat Banana Loaf, Applesauce	Cocoa Snaps, Baby Carrots	Oatmeal Round, Cucumber Slices

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We have developed
our healthiest most
WHOLESONE menu yet!



**Our WHOLESONE
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	Special K Cereal with Milk	Whole Wheat Bagel, Cream Cheese	Strawberry Yogurt, Whole Grain Granola	Multigrain Cheerios Cereal with Milk	Whole Wheat Cocoa Zucchini Muffin
HEALTHY BALANCE Entrée	Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Peas, Fresh Fruit	Mini Beef Meatball Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit	Herbed Chicken Drumstick, Brown Rice, Leafy Greens, Italian Dressing, Fresh Fruit	Scrambled Eggs, Whole Wheat Cinnamon French Toast Bites, Carrots and Turnips, Fresh Fruit	Whitefish Mac & Cheese, Peas and Corn, Fresh Fruit
PM Snack	Mixed Berry Granola Minis, Fresh Fruit	Banana Oatmeal Bar, Berry Applesauce	Whole Wheat Lemon Blueberry Loaf, Cucumber Slices	Digestive Biscuit, Fresh Fruit	Half English Muffin, Mozzarella Slice

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WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Krispies Cereal with Milk	Banana Oatmeal Bar	Whole Wheat Pancake, Mango Fruit Puree	Whole Wheat Summer Berry Muffin	Corn Chex Cereal with Milk
HEALTHY BALANCE Entrée	Beef Burger, Bun, California Mix, Fresh Fruit	Butter Chicken, Brown Rice, Green Peas, Fresh Fruit	Turkey Bowtie Pasta in Rose Sauce, Green Beans, Fresh Fruit	Fish Sticks, Whole Wheat Wrap, Lemon Garlic Sauce, Carrots and Turnips, Fresh Fruit	Chicken Alfredo Pasta, Peas and Corn, Fresh Fruit
PM Snack	Vanilla Owl Cookies, Fresh Fruit	Wheat Square Crackers, Guacamole	Oatmeal Cranberry Round, Fresh Fruit	Pretzel Bun, Mozza Cheese Slice	Whole Wheat Banana Loaf, Baby Carrots

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