

Spring/Summer 2025 Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (standard snack)	Special K Cereal with Milk	Morning Breakfast Round	Multigrain Cheerios with Milk	Whole Wheat Cocoa Zucchini Muffin	Vanilla Yogurt, Whole Grain Granola
Entrée A HEALTHY CHOICES HEALTHY BALANCE	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
Entrée B HEALTHY CHOICES	Teriyaki Turkey Meatballs, Brown Rice, Broccoli, Fresh Fruit	Three Sisters Soup, Javaneh Bread, Baby Carrots, Fresh Fruit	Southwest Diced Chicken, Mexican Rice, Peas and Corn, Fresh Fruit	Turkey Burger, Hamburger Bun, Cheese Slice, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit	Italian Seasoned Beef with Pasta Shells in Tomato Sauce, Leafy Greens, Balsamic Dressing, Fresh Fruit
PM Snack (standard 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

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.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (standard snack)	Rice Krispies Cereal with Milk	Banana Oatmeal Bar	Corn Flakes Cereal with Milk	Overnight Oats	Whole Wheat Summer Berry Muffin
Entrée A HEALTHY CHOICES HEALTHY BALANCE	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
Entrée B HEALTHY CHOICES	Chicken Parmesan with Whole Grain Pasta, Green Peas, Fresh Fruit	Vegetable Egg "Fried Rice", Vegetable Medley (Corn, Beans, Peas, Carrots), Fresh Fruit	Italian Ground Turkey with Pasta Shells, Broccoli, Fresh Fruit	Peach Barbeque Chicken Drumstick, Quinoa, Green Beans, Fresh Fruit	Beef Bolognese with Whole Grain Pasta, Baby Carrots, Fresh Fruit
PM Snack (standard 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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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (standard 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
Entrée A HEALTHY CHOICES HEALTHY BALANCE	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
Entrée B HEALTHY CHOICES	Classic Mac & Cheese, Chickpea and Orange Salad, Green Peas, Fresh Fruit	Breaded Butter Chicken Burger, Bun, Diced Carrots, Fresh Fruit	Pasta Primavera, Green and Yellow Beans, Fresh Fruit	Beef Sloppy Joe, Bun, Cheese Slice, Carrots and Turnips, Fresh Fruit	Tikka Masala Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit
PM Snack (standard snack)	Mixed Berry Granola Minis, Fresh Fruit	Banana Oatmeal Bar, Berry Applesauce	Whole WheatLemon Blueberry Loaf, Cucumber Slices	Digestive Biscuits, Fresh Fruit	English Muffin, Mozzarella Slice

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	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (standard 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
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Beef Burger, Bun, California Mix (Broccoli, Cauliflower, Carrots), 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
Entrée B HEALTHY CHOICES	BBQ Diced Turkey, Brown Rice, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit	Egg Patty, Whole Wheat Bread, Cream Cheese, Sweet Potato	Mild Cajun Chicken Drumstick, Quinoa, Leafy Greens, Raspberry Dressing, Fresh Fruit	Beef Lasagna, Carrots and Turnips, Fresh Fruit	Turkey Burger, Hamburger Bun, Cheese Slice, Peas and Corn, Fresh Fruit
PM Snack (standard 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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