

## Spring/Summer 2025 Menu

### WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Double Up Previous Day Pantry Order* Prepare Onsite	Morning Breakfast Round	Multigrain Cheerios with Milk	Double Up Previous Day Pantry Order* Prepare Onsite	Vanilla Yogurt, Whole Grain Granola
<b>HEALTHY</b> <i>essentials</i> Entrée	Classic Mac & Cheese, Chickpea and Orange Salad, Broccoli, Fresh Fruit	Breaded Chicken Pieces, Brown Rice, Plum Sauce, Diced Carrots, Fresh Fruit	Three Sisters Soup, Javaneh Bread, Baby Carrots, Fresh Fruit	Whitefish Whole Grain Pasta in Sundried Tomato Pesto Sauce, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit	Turkey Burger, Hamburger Bun, Half Cheese Slice, California Mix, Fresh Fruit
PM Snack	Whole Wheat Round Crackers, Cheese Cubes	Spice Snaps, Peach Yogurt	Double Up Previous Day Pantry Order* Prepare Onsite	Whole Wheat Breadsticks, Hummus	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 Oatmeal Bar	Corn Flakes Cereal with Milk	Double Up Previous Day Pantry Order* Prepare Onsite	Whole Wheat Summer Berry Muffin
<b>HEALTHY</b> <i>essentials</i> 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	Double Up Previous Day Pantry Order* Prepare Onsite	Cocoa Snaps, Baby Carrots	Double Up Previous Day Pantry Order* Prepare Onsite

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— Delivery days marked.



### 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.

## Spring/Summer 2025 Menu

### WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Double Up Previous Day Pantry Order* Prepare Onsite	Whole Wheat Bagel, Cream Cheese	Strawberry Yogurt, Whole Grain Granola	Double Up Previous Day Pantry Order* Prepare Onsite	Whole Wheat Cocoa Zucchini Muffin
<b>HEALTHY</b> <i>essentials</i> Entrée	Breaded Chicken Pieces, Brown Rice, Plum Sauce, Green Peas, Fresh Fruit	Mini Beef Meatball Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit	Breaded Chicken Burger, Bun, Diced Carrots, Fresh Fruit	Scrambled Eggs, Whole Wheat Cinnamon French Toast Bites, Carrots and Turnips, Fresh Fruit	Beef Sloppy Joe, Bun, Cheese Slice, Carrots and Turnips
PM Snack	Mixed Berry Granola Minis, Fresh Fruit	Banana Oatmeal Bar, Berry Applesauce	Double Up Previous Day Pantry Order* Prepare Onsite	Digestive Biscuits, Fresh Fruit	Double Up Previous Day Pantry Order* Prepare Onsite

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— Delivery days marked.




### WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Double Up Previous Day Pantry Order* Prepare Onsite	Banana Oatmeal Bar	Whole Wheat Pancake, Mango Fruit Puree	Double Up Previous Day Pantry Order* Prepare Onsite	Corn Chex Cereal with Milk
<b>HEALTHY</b> <i>essentials</i> Entrée	Beef Burger, Bun, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit	Butter Chicken, Brown Rice, Green Peas, Fresh Fruit	Egg Patty, Whole Wheat Bread, Cream Cheese, Sweet Potato	Fish Sticks, Whole Wheat Wrap, Lemon Garlic Sauce, Carrots and Turnips, Fresh Fruit	Beef Lasagna, Carrots and Turnips, Fresh Fruit
PM Snack	Vanilla Owl Cookies, Fresh Fruit	Wheat Square Crackers, Guacamole	Double Up Previous Day Pantry Order* Prepare Onsite	Pretzel Bun, Mozza Cheese Slice	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.