

# Spring/Summer 2025 Vegetarian Menu

**WEEK 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Special K Cereal with Milk	Morning Breakfast Round	Multigrain Cheerios with Milk	Whole Wheat Cocoa Zucchini Muffin	Vanilla Yogurt, Whole Grain Granola
<b>HEALTHY CHOICES Entrée</b>	Classic Mac & Cheese, Chickpea and Orange Salad, Broccoli, Fresh Fruit	Three Sisters Soup, Javaneh Bread, Baby Carrots, Fresh Fruit	Egg Patty, Whole Wheat English Muffin and Cheese Slice, Peas and Corn, Fresh Fruit	Whitefish Whole Grain Pasta in Sundried Tomato Pesto Sauce, California Mix (Broccoli, Cauliflower, Carrots) Fresh Fruit	Italian Seasoned Beefstyle Crumbles with Pasta Shells in Tomato Sauce, Leafy Greens, Balsamic Dressing, Fresh Fruit
<b>PM Snack</b>	Whole Wheat Round Crackers, Cheese Cubes, Fresh Fruit	Spice Snaps, Peach Yogurt, Fresh Fruit	Whole Wheat Lemon Blueberry Loaf, Fresh Fruit, Edamame	Whole Wheat Breadsticks, Hummus, Baby Carrots	Whole Wheat Bread, Cheddar Cheese Slice, Cucumber Slices

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

**WEEK 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Rice Krispies Cereal with Milk	Banana Oatmeal Bar	Corn Flakes Cereal with Milk	Overnight Oats	Whole Wheat Summer Berry Muffin
<b>HEALTHY CHOICES Entrée</b>	Bean and Whole Grain Noodle Casserole, Green Peas, Fresh Fruit	Vegetable Egg "Fried Rice", Vegetable Medley (Corn, Beans, Peas, Carrots), Fresh Fruit	Veggie 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
<b>PM Snack</b>	Javaneh Bread Slice, Cheese Cubes, Fresh Fruit	Digestive Biscuits, Fresh Fruit, Vanilla Yogurt	Whole Wheat Banana Loaf, Applesauce, Edamame	Cocoa Snaps, Baby Carrots, Hummus	Oatmeal Round, Cucumber Slices, Cheese Curds

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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.

## Spring/Summer 2025 Vegetarian Menu

**WEEK 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	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
<b>HEALTHY CHOICES Entrée</b>	Classic Mac & Cheese, Chickpea and Orange Salad, Green Peas, Fresh Fruit	Veggie Burger, Bun, Diced Carrots, Fresh Fruit	Pasta Primavera, Green and Yellow Beans, Fresh Fruit	Scrambled Eggs, Whole Wheat Cinnamon French Toast Bites, Carrots and Turnips, Fresh Fruit	Tikka Masala Chickpeas, Brown Rice, Peas and Corn, Fresh Fruit
<b>PM Snack</b>	Mixed Berry Granola Minis, Fresh Fruit, Vanilla Yogurt	Banana Oatmeal Bar, Berry Applesauce, Edamame	Whole Wheat Lemon Blueberry Loaf, Cucumber Slices, Cheese Curds	Digestive Biscuit, Fresh Fruit, Hardboiled Egg	English Muffin, Mozzarella Slice, Grape Tomatoes

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**WEEK 4**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Rice Krispies Cereal with Milk	Banana Oatmeal Bar	Whole Wheat Pancake, Mango Fruit Puree	Whole Wheat Summer Berry Muffin	Corn Chex Cereal with Milk
<b>HEALTHY CHOICES Entrée</b>	BBQ Diced Chicken, Brown Rice, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit	Egg Patty, Whole Wheat Bread, Cream Cheese, Sweet Potato	Chicken Bowtie Pasta in Rose Sauce, Green Beans, Fresh Fruit	Fish Sticks, Whole Wheat Wrap, Lemon Garlic Sauce, Carrots and Turnips, Fresh Fruit	Veggie Burger, Bun, Cheese Slice, Peas and Corn, Fresh Fruit
<b>PM Snack</b>	Vanilla Owl Cookies, Fresh Fruit, Peach Yogurt	Wheat Square Crackers, Guacamole, Cheese Curds	Oatmeal Cranberry Round, Fresh Fruit, Hardboiled Egg	Pretzel Bun, Mozza Cheese Slice, Cucumber Slices	Whole Wheat Banana Loaf, Baby Carrots, Hummus

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