

Spring/Summer 2025 Halal Menu

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Special K Cereal with Milk	Morning Breakfast Round with Apple Butter	Multigrain Cheerios with Milk	Whole Wheat Cocoa Zucchini Muffin	Vanilla Yogurt, Whole Grain Granola
HEALTHY CHOICES Entrée	Classic Mac & Cheese, Black Bean Quinoa Salad, Broccoli, Fresh Fruit	Three Sisters Soup, Javaneh Bread, Baby Carrots, Fresh Fruit	Southwest Halal Diced Chicken, Corn Bread, Peas and Corn, Fresh Fruit	Whitefish Whole Grain Pasta in Sundried Tomato Cream Sauce, California Mix (Broccoli, Carrots, Cauliflower), Fresh Fruit	Balsamic Glazed Halal Chicken Drumstick, Brown Rice, Leafy Greens, 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	Morning Round	Whole Wheat Summer Berry Muffin
HEALTHY CHOICES Entrée	Halal Chicken Whole Grain Noodle Casserole, Green Peas, Fresh Fruit	Vegetable Egg "Fried Rice", Vegetable Medley (Corn, Peas, Carrots, Beans), Fresh Fruit	Halal Italian Seasoned Chicken with Pasta Shells, Broccoli, Fresh Fruit	Halal Peach Barbeque Chicken Drumstick, Brown Rice, Green Beans, Fresh Fruit	Halal Beef Bolognese with Whole Grain Pasta, 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 CHOICES Entrée	Classic Mac & Cheese, Italian Chickpea Salad, Green Peas, Fresh Fruit	Halal Beef Burger, Bun, Diced Carrots, Fresh Fruit	Halal Herbed Chicken Drumstick, Brown Rice, Leafy Greens, Italian Dressing, Fresh Fruit	Egg Patty, Whole Wheat Cinnamon French Toast Bites, Carrots and Turnips, Fresh Fruit	Tikka Masala Halal Chicken Drumstick, Brown Rice, Peas and Corn, Fresh Fruit
PM Snack	Mixed Berry Granola Minis, Fresh Fruit	Banana Oatmeal Bar, Berry Applesauce	Digestive Biscuits, Fresh Fruit	Whole Wheat Lemon Blueberry Loaf, Cucumber Slices	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, Berry Jam	Whole Wheat Summer Berry Muffin	Corn Chex Cereal with Milk
HEALTHY CHOICES Entrée	Halal Beef Burger, Bun, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit	Egg Patty, Whole Wheat Bread, Cream Cheese, Sweet Potato	Mild Cajun Halal Chicken Drumstick, Quinoa, Leafy Greens, Raspberry Dressing, Fresh Fruit	Fish Sticks, Whole Wheat Wrap, Lemon Garlic Sauce, Carrots and Turnips, Fresh Fruit	Halal Chicken Alfredo Pasta, Peas and Corn, Fresh Fruit
PM Snack	Vanilla Owl Cookies, Fresh Fruit	Wheat Square Crackers, Cheese Curds	Oatmeal Cranberry Round, Fresh Fruit	Half Pretzel Bun, Mozza Cheese Slice	Whole Wheat Banana Loaf, Baby Carrots

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