

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (snack plus)	Multigrain Cheerios with Milk, Fresh Fruit	Banana Oat Bar, Berry Applesauce	Rice Chex Cereal with Milk, Fresh Fruit	Whole Wheat Cocoa Zucchini Muffin, Fresh Fruit	Multigrain Muesli Morning Round, Apple Butter, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Dino Chicken Pieces, Brown Rice, Plum Sauce, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit	Turkey Meatballs in Marinara Sauce, Whole Wheat Submarine Bun, Vegetable Medley (Green Beans, Green Peas, Corn, Carrots), Fresh Fruit	Beef Bolognese Bowtie Pasta, Green Peas, Fresh Fruit	Egg Patty, Whole Wheat French Toast Bites, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit	Jerk Chicken Drumstick, Coconut Rice, Leafy Greens with French Dressing, Fresh Fruit
Entrée B HEALTHY CHOICES	Classic Macaroni & Cheese Quinoa, Black Bean & Corn Salad, Sunrise Mix Vegetables (Carrots and Green Beans)	Minestrone Soup, Whole Wheat Baguette, Cucumbers Slices	Teriyaki Fish, Brown Rice, Green Peas	Chicken Cacciatore, Whole Grain Penne, California Mix (Broccoli, Cauliflower, Carrots)	Ground Beef Sloppy Joe, Hamburger Bun Mozzarella Cheese Slice, Carrots & Turnip
PM Snack (snack plus)	Whole Wheat Maple Round, Fresh Fruit, Edamame	Whole Wheat Breadsticks, Hummus, Fresh Fruit	Whole Wheat Oatmeal Cranberry Round, Fresh Fruit, Cheese Curds	Vanilla Yogurt, Fresh Fruit, Strawberry Granola Bar	Round Crackers, Cheese Curds, Baby Carrots

*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 (snack plus)	Special K Cereal with Milk, Fresh Fruit	Whole Wheat Pancake, Strawberry Jam, Fresh Fruit	Corn Flakes Cereal with Milk, Fresh Fruit	Whole Wheat Apple Cinnamon Bagel, Cream Cheese, Fresh Fruit	Peach Yogurt, Whole Grain Granola, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Fish Sticks, Brown Rice, Lemon Garlic Sauce, Diced Carrots & Green Peas, Fresh Fruit	Chicken Noodle Soup, Javaneh Slice, Baby Carrots, Fresh Fruit	Beef Burger, Hamburger Bun, Cheddar Cheese Slice, Green Beans, Fresh Fruit	BBQ Chicken Drumstick, Veggie Quinoa Blend, Broccoli, Fresh Fruit	Classic Mac & Cheese, Chickpea & Orzo Salad, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit
Entrée B HEALTHY CHOICES	Chicken Bolognese, Whole Grain Rotini, Diced Carrots & Green Peas	Teriyaki Beef Meatballs, Brown Rice, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn)	Chicken Carvery Gravy, Whole Wheat Bread, Sweet Potato Mash	Mexican Bean Chili, Corn Bread, Broccoli	Breaded Fish Pieces, Brown Rice, California Mix Vegetables (Broccoli, Cauliflower, Carrots)
PM Snack (snack plus)	Whole Wheat Oatmeal Round, Applesauce, Edamame	Spice Snaps, Fresh Fruit, Cheese Cubes	Whole Wheat Owl Snaps, Vanilla Yogurt, Fresh Fruit	Wheat Crackers, Mozzarella Cheese Slice, Grape Tomatoes	Whole Wheat Banana Loaf, Fresh Fruit

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AM Snack (snack plus)	Corn Chex Cereal with Milk, Fresh Fruit	Apple Cinnamon Morning Round, Fresh Fruit	Whole Wheat Bagel, Cream Cheese, Fresh Fruit	Rice Krispies Cereal with Milk, Fresh Fruit	Whole Wheat Carrot Muffin, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn and Green Peas, Fresh Fruit	Winter Vegetable Bean and Lentil Soup, Whole Wheat Ciabatta, Cucumber Slices, Fresh Fruit	Italian Seasoned Beef with Pasta Shells in Tomato Sauce, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit	Egg Patty, Cheddar Cheese Slice, Whole Wheat English Muffin, Sunrise Mix Vegetables (Carrots and Green Beans), Fresh Fruit	Balsamic Chicken Drumstick, Brown Rice, Leafy Greens with Italian Dressing, Fresh Fruit
Entrée B HEALTHY CHOICES	Chickpea Tikka Masala, Brown Rice, Corn & Peas	BBQ Beef Meatballs, Whole Wheat Sub Bun, Green Beans	Turkey Burger Hamburger Bun, Cheddar Cheese Slice, California Mix Vegetables (Broccoli, Cauliflower, Carrots)	Butter Chicken, Mini Savoury Naan, Sunrise Mix Vegetables (Carrots and Green Beans)	Whitefish Lasagna, Green Peas
PM Snack (snack plus)	Pretzel Bun, Mozzarella Cheese Slice, Fresh Fruit	Whole Wheat Pumpkin Loaf, Fresh Fruit, Edamame	Banana Oat Bar, Applesauce, Hard Boiled Egg	Whole Wheat Pita, Hummus, Snap Peas	Wheat Crackers, Cheese Curds, Baby Carrots

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AM Snack (snack plus)	Rice Chex Cereal with Milk, Fresh Fruit	Multigrain Muesli Morning Round, Strawberry Jam, Fresh Fruit	Vanilla Yogurt, Whole Grain Granola, Fresh Fruit	Whole Wheat Summer Berry Muffin, Fresh Fruit	Multigrain Cheerios with Milk, Fresh Fruit
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Breaded Fish Patty, Hamburger Bun, Lemon Garlic Sauce, Green Peas, Fresh Fruit	Salisbury Steak with Gravy, Brown Rice, Carrots & Turnips, Fresh Fruit	Cheddar Cheese Omelet, Whole Wheat English Muffin, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn), Fresh Fruit	Turkey Alphabet Soup, Whole Wheat Bread, Baby Carrots, Fresh Fruit	Herbed Chicken Drumstick, Brown Rice, Leafy Greens with Balsamic Dressing, Fresh Fruit
Entrée B HEALTHY CHOICES	Beef Sheppard's Pie, Mash Potatoes, Whole Wheat Dinner Roll, Green Peas	Chicken & Egg "Fried" Rice, Carrots & Turnips	Turkey Bowtie Pasta in Rose Sauce, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn)	Mediterranean Falafel, Tzatziki Sauce, Brown Rice, California Mix Vegetables (Broccoli, Cauliflower, Carrots)	Beef Lasagna, Green Beans
PM Snack (snack plus)	Strawberry Yogurt, Fresh Fruit, Mixed Berry Granola Minis	Whole Wheat Owl Snaps, Berry Applesauce, Cheese Curds	Whole Wheat Pita, Cheddar Cheese Slice, Cucumber Slices	Javaneh Slice, Hummus, Grape Tomatoes	Melba Toast, Cheese Cubes, Guacamole

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Food kids love to eat.