

Fall/Winter 2025-2026 Vegetarian Menu

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multigrain Cheerios with Milk	Banana Oat Bar	Rice Chex Cereal with Milk	Whole Wheat Cocoa Zucchini Muffin	Multigrain Muesli Morning Round, Apple Butter
HEALTHY CHOICES Entrée	Classic Mac & Cheese, Quinoa Black Bean & Corn Salad, Sunrise Mix Vegetables, Fresh Fruit	Minestrone Soup, Whole Wheat Baguette, Cucumber Slices, Fresh Fruit	Teriyaki Fish, Brown Rice, Green Peas, Fresh Fruit	Egg Patty, Whole Wheat French Toast Bites, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit	Jerk "Chick'n", Coconut Rice, Leafy Greens with French Dressing, Fresh Fruit
PM Snack	Whole Wheat Maple Round, Fresh Fruit	Whole Wheat Breadsticks, Hummus	Whole Wheat Oatmeal Cranberry Round, Fresh Fruit	Vanilla Yogurt, Fresh Fruit	Round Crackers, Cheese Curds

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

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Special K Cereal with Milk	Whole Wheat Pancake, Strawberry Jam	Corn Flakes Cereal with Milk	Whole Wheat Apple Cinnamon Bagel, Cream Cheese	Peach Yogurt, Whole Grain Granola
HEALTHY CHOICES Entrée	Fish Sticks, Brown Rice, Lemon Garlic Sauce, Diced Carrots & Green Peas, Fresh Fruit	Teriyaki Vegetarian Meatballs, Brown Rice, Mixed Vegetables (Green Beans, Green Peas, Corn and Carrots), Fresh Fruit	Veggie Burger, Hamburger Bun, Cheese Slice, Green Beans, Fresh Fruit	Mexican Bean Chili, Corn Bread, Broccoli, Fresh Fruit	Classic Mac & Cheese, Chickpea & Orzo Salad, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit
PM Snack	Whole Wheat Oatmeal Round, Applesauce	Spice Snaps, Fresh Fruit	Whole Wheat Owl Snaps, Vanilla Yogurt	Wheat Crackers, Mozzarella Cheese Slice	Whole Wheat Banana Loaf, Fresh Fruit

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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	Corn Chex Cereal with Milk	Apple Cinnamon Morning Round	Whole Wheat Bagel, Cream Cheese	Rice Krispies Cereal with Milk	Whole Wheat Carrot Muffin
HEALTHY CHOICES Entrée	Chickpea Tikka Masala, Brown Rice, Corn and Peas, Fresh Fruit	Winter Vegetable Bean and Lentil Soup, Whole Wheat Baguette, Cucumber Slices, Fresh Fruit	Veggie Burger, Hamburger Bun, Half Cheese Slice, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit	Butter Tofu, Mini Savoury Naan Bread, Sunrise Mix (Carrots and Green Beans), Fresh Fruit	Whitefish Lasagna, Green Peas, Fresh Fruit
PM Snack	Pretzel Bun, Mozzarella Cheese Slice	Whole Wheat Pumpkin Loaf, Fresh Fruit	Banana Oat Bar, Applesauce	Whole Wheat Pita, Hummus	Wheat Crackers, Cheese Curds

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WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Chex Cereal with Milk	Multigrain Muesli Morning Round, Strawberry Jam	Vanilla Yogurt, Whole Grain Granola	Whole Wheat Cocoa Zucchini Muffin	Multigrain Cheerios with Milk
HEALTHY CHOICES Entrée	Breaded Fish Patty, Hamburger Bun, Lemon Garlic Sauce, Green Peas, Fresh Fruit	Vegetarian Egg "Fried" Rice and Egg with Rice, Carrots & Turnips, Fresh Fruit	Cheddar Cheese Omelet, Whole Wheat English Muffin, Vegetable Medley (Green Beans, Green Peas, Carrots and Corn), Fresh Fruit	Mediterranean Falafel, Tzatziki Sauce, Brown Rice, California Mix Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit	Vegetarian Beefstyle Lasagna, Green Beans, Fresh Fruit
PM Snack	Strawberry Yogurt, Fresh Fruit	Whole Wheat Owl Snaps, Berry Applesauce	Whole Wheat Pita, Cheddar Cheese Slice	Javaneh Slice, Hummus	Melba Toast, Cheese Cubes

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