

Fall/Winter 2025-2026 Menu

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Double Up Previous Day Pantry Order* Prepare Onsite	Banana Oat Bar	Rice Chex Cereal with Milk	Double Up Previous Day Pantry Order* Prepare Onsite	Multigrain Muesli Morning Round, Apple Butter
HEALTHY essentials Entrée	Dino Chicken Pieces, Brown Rice, Plum Sauce, Sunrise Mix Vegetables (Carrots and Green Beans)	Turkey Meatballs in Marinara Sauce, Whole Wheat Submarine Bun, Vegetable Medley (Green Beans, Green Peas, Corn, Carrots)	Minestrone Soup, Whole Wheat Baguette, Peeled Cucumber Slices	Egg Patty, Whole Wheat French Toast Bites, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit	Chicken Cacciatore, Whole Grain Pasta, California Mix (Broccoli, Cauliflower, Carrots), Fresh Fruit
PM Snack	Whole Wheat Maple Round, Fresh Fruit	Whole Wheat Breadsticks, Hummus	Double Up Previous Day Pantry Order* Prepare Onsite	Vanilla Yogurt, Fresh Fruit	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	Whole Wheat Pancake, Strawberry Jam	Corn Flakes Cereal with Milk	Double Up Previous Day Pantry Order* Prepare Onsite	Peach Yogurt, Whole Grain Granola
HEALTHY essentials Entrée	Fish Sticks, Brown Rice, Lemon Garlic Sauce, Diced Carrots & Green Peas	Chicken Noodle Soup, Javaneh Slice, Baby Carrots, Fresh Fruit	Teriyaki Beef Meatballs, Brown Rice, Vegetable Medley (Green Beans, Green Peas, Corn and Carrots)	BBQ Chicken Drumstick, Veggie Quinoa Blend, Broccoli	Mexican Bean Chili, Corn Bread, Broccoli
PM Snack	Whole Wheat Oatmeal Round, Applesauce	Spice Snaps, Fresh Fruit	Double Up Previous Day Pantry Order* Prepare Onsite	Wheat Crackers, Mozzarella 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.

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WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Double Up Previous Day Pantry Order* Prepare Onsite	Apple Cinnamon Morning Round	Whole Wheat Bagel, Cream Cheese	Double Up Previous Day Pantry Order* Prepare Onsite	Whole Wheat Carrot Muffin
HEALTHY <i>essentials</i> Entrée	Breaded Chicken Pieces, Brown Rice, Plum Sauce, Corn and Green Peas	Winter Vegetable Bean and Lentil Soup, Whole Wheat Baguette, Peeled Cucumber Slices	BBQ Beef Meatballs, Whole Wheat Submarine Bun, Green Beans	Egg Patty, Cheddar Cheese Slice, Whole Wheat English Muffin, Sunrise Mix Vegetables (Carrots and Green Beans)	Butter Chicken, Mini Savoury Naan Bread, Sunrise Mix (Carrots and Green Beans)
PM Snack	Pretzel Bun, Mozzarella Cheese Slice	Whole Wheat Pumpkin Loaf, Fresh Fruit	Double Up Previous Day Pantry Order* Prepare Onsite	Whole Wheat Pita, Hummus	Double Up Previous Day Pantry Order* Prepare Onsite

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WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Double Up Previous Day Pantry Order* Prepare Onsite	Multigrain Muesli Morning Round, Strawberry Jam	Vanilla Yogurt, Whole Grain Granola	Double Up Previous Day Pantry Order* Prepare Onsite	Multigrain Cheerios with Milk
HEALTHY <i>essentials</i> Entrée	Breaded Fish Patty, Hamburger Bun, Lemon Garlic Sauce, Green Peas	Salisbury Steak with Gravy, Brown Rice, Carrots & Turnips	Chicken and Egg in Rice, Carrots & Turnips	Turkey Alphabet Soup, Whole Wheat Bread, Blanched Baby Carrots	Mediterranean Falafel, Tzatziki Sauce, Brown Rice, California Mix Vegetables (Broccoli, Cauliflower, Carrots)
PM Snack	Strawberry Yogurt, Fresh Fruit	Whole Wheat Owl Snaps, Berry Applesauce	Double Up Previous Day Pantry Order* Prepare Onsite	Javaneh Slice, Hummus	Double Up Previous Day Pantry Order* Prepare Onsite

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