

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	All Bran with Milk Snack Plus: Fresh Fruit	Banana Oat Bar Snack Plus: Unsweetened Applesauce	Rice Krispies with Milk Snack Plus: Fresh Fruit	Whole Wheat Bagel Apple Butter Snack Plus: Fresh Fruit	Waffle Strawberry Jam Snack Plus: Fresh Fruit
<b>Entrée A</b>  <b>HEALTHY CHOICES</b> <b>HEALTHY BALANCE</b>	Halal Beef & Chicken Meatballs in Tomato Sauce Brown Rice Sunrise Mix (Carrots & Green Beans) Fresh Fruit	Korean BBQ Halal Beef Brown Rice Cucumber Slices Fresh Fruit	Mini Potato & Cheese Perogies Sour Cream Marinated Chickpea Salad Vegetable Medley (Green Beans, Green Peas, Carrot, Corn) Fresh Fruit	Cheddar Cheese Omelet Whole Wheat Bread Green Peas Fresh Fruit	Halal Lemon Chicken Drumstick Veggie Quinoa Blend Assorted Bell Pepper Sticks Fresh Fruit
<b>Entrée B</b>  <b>HEALTHY CHOICES</b>		Breaded Fish Patty Bun Tzatziki Sauce Carrots & Turnip Fresh Fruit	Halal Chicken Alfredo Sauce and Pasta Vegetable Medley (Green Beans, Green Peas, Carrot, Corn) Fresh Fruit	Halal Southwest Diced Chicken Cornbread Green Peas Fresh Fruit	Spinach & Lentil Dal Mini Naan Dippers Assorted Bell Pepper Sticks Fresh Fruit
<b>PM Snack</b>	Whole Wheat Mini Veggie Crackers Cheese Slice Snack Plus: Guacamole	Melba Toast Fresh Fruit Snack Plus: Edamame	Pretzel Bun Cheese Slice Snack Plus: Fresh Fruit	Whole Wheat Breadsticks Sesame-Free Hummus Snack Plus: Grape Tomatoes	Whole Wheat Cocoa Zucchini Muffin Fresh Fruit Snack Plus: Hard Boiled Egg

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

We have developed  
our healthiest most



**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.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Special K with Milk Snack Plus: Fresh Fruit	Multigrain Muesli Morning Round Apple Butter Snack Plus: Fresh Fruit	Multigrain Cheerios with Milk Snack Plus: Fresh Fruit	Peach Yogurt Whole Grain Granola Snack Plus: Fresh Fruit	Whole Wheat Summer Berry Muffin Snack Plus: Fresh Fruit
<b>Entrée A</b>  <b>HEALTHY CHOICES</b> <b>HEALTHY BALANCE</b>	Halal Ground Beef Soup Whole Wheat Dinner Roll Baby Carrots Fresh Fruit	Egg Patty Cheese Slice Whole Wheat Bread Green Peas Fresh Fruit	Classic Mac & Cheese Plant Based Soy Strips Leafy Greens (Italian Dressing) Fresh Fruit	Halal Beef Burger Bun Cheese Slice Corn Fresh Fruit	Halal Portuguese Chicken Drumstick Whole Grain Pasta Assorted Bell Pepper Sticks Fresh Fruit
<b>Entrée B</b>  <b>HEALTHY CHOICES</b>		Halal Chicken Tikka Masala Brown Rice Green Peas Fresh Fruit	Fish Sticks Brown Rice Lemon Garlic Yogurt Sauce Vegetable Medley (Green Beans, Green Peas, Carrot, Corn) Fresh Fruit	Hidden Bean Lasagna Corn Fresh Fruit	Halal Beef Bolognese Sauce and Whole Grain Pasta Assorted Bell Pepper Sticks Fresh Fruit
<b>PM Snack</b>	Babybel Cheese Fresh Fruit Snack Plus: Whole Grain Cranberry Oatmeal Cookie	Whole Wheat Vanilla Snaps Unsweetened Applesauce Snack Plus: Cheese Curds	Whole Wheat Pita Bruschetta Snack Plus: Shredded Cheese	Hard Boiled Egg Fresh Fruit Snack Plus: Whole Wheat Lemon Blueberry Loaf	Organic Strawberry Granola Bar Baby Carrots Snack Plus: Edamame

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<b>AM Snack</b>	Corn Flakes with Milk Snack Plus: Fresh Fruit	Whole Wheat Carrot Zucchini Loaf Snack Plus: Unsweetened Applesauce	Whole Wheat Pancake Strawberry Chia Seed Jam Snack Plus: Fresh Fruit	Rice Chex with Milk Snack Plus: Fresh Fruit	Whole Wheat Pineapple Coconut Muffin Snack Plus: Fresh Fruit
<b>Entrée A</b>  <b>HEALTHY CHOICES</b> <b>HEALTHY BALANCE</b>	Halal Chicken Alfredo Sauce and Pasta Sunrise Mix (Carrots & Green Beans) Fresh Fruit	Vegetarian Egg "Fried" Rice Broccoli Fresh Fruit	Halal Butter Chicken and Whole Grain Pasta Peas & Corn Fresh Fruit	Halal Ground Beef & Bean Taco Bowl Mexican Rice Shredded Cheese Assorted Bell Pepper Sticks Fresh Fruit	Halal BBQ Chicken Drumstick Veggie Quinoa Blend Diced Carrots Fresh Fruit
<b>Entrée B</b>  <b>HEALTHY CHOICES</b>	Mushroom Patty with Gravy Bun Sunrise Mix (Carrots & Green Beans) Fresh Fruit	Halal Teriyaki Chicken Meatballs Brown Rice Broccoli Fresh Fruit	Breaded Cod Pieces Whole Wheat Tortilla Lemon Garlic Yogurt Sauce Peas & Corn Fresh Fruit		Tomato Bean Primavera Sauce and Whole Grain Pasta Diced Carrots Fresh Fruit
<b>PM Snack</b>	Whole Wheat Banana Muffin Fresh Fruit Snack Plus: Cheese Curds	Cucumber Slices Red Pepper Cheese Dip Snack Plus: Whole Wheat Mini Veggie Crackers	Mini Naan Dippers Sesame-Free Hummus Snack Plus: Baby Carrots	Cornbread Unsweetened Applesauce Snack Plus: Edamame	Mini Maple Biscuits Fresh Fruit Snack Plus: Cheese Cubes

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<b>AM Snack</b>	Special K with Milk Snack Plus: Fresh Fruit	Multigrain Muesli Morning Round Apple Butter Snack Plus: Fresh Fruit	Whole Grain Banana Cookie Snack Plus: Fresh Fruit	Whole Wheat Bread Cheese Slice Snack Plus: Fresh Fruit	Cheerios with Milk Snack Plus: Fresh Fruit
<b>Entrée A</b>  <b>HEALTHY CHOICES</b> <b>HEALTHY BALANCE</b>	Coconut Tofu Curry Brown Rice Vegetable Medley (Green Beans, Green Peas, Carrot, Corn) Fresh Fruit	Hidden Tofu Mac and Cheese Peas & Corn Fresh Fruit	Halal BBQ Beef & Chicken Meatballs Whole Wheat Bread Sunrise Mix (Carrots & Green Beans) Fresh Fruit	Fish Sticks Brown Rice Green Peas Fresh Fruit	Halal Herbed Chicken Drumstick Whole Grain Pasta Baby Carrots Fresh Fruit
<b>Entrée B</b>  <b>HEALTHY CHOICES</b>		Halal Turkey Burger Bun Cheese Slice Peas & Corn Fresh Fruit		Halal Adobo Diced Chicken Brown Rice Green Peas Fresh Fruit	Whitefish Rose Sauce in Whole Grain Pasta Diced Carrots Fresh Fruit
<b>PM Snack</b>	Banana Oat Bar Unsweetened Applesauce Snack Plus: Edamame	Cheese Cubes Baby Carrots Snack Plus: Whole Wheat Oatmeal Cookie	Whole Wheat Breadsticks Grape Tomatoes Snack Plus: Sesame-Free Hummus	Babybel Cheese Fresh Fruit Snack Plus: Melba Toast	Whole Wheat English Muffin Cheese Slice Snack Plus: Fresh Fruit

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