

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	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
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Chickpeas in Creamy Sun-Dried Tomato Sauce in Whole Grain Pasta Sunrise Mix (Carrots & Green Beans) Fresh Fruit	Korean BBQ Plant Based Crumble (Soy) 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	Spinach & Lentil Dal Mini Naan Dippers Assorted Bell Pepper Sticks Fresh Fruit
Entrée B HEALTHY CHOICES	Vegetarian Meatballs (Soy) in Tomato Sauce Brown Rice Sunrise Mix (Carrots & Green Beans) Fresh Fruit	Breaded Fish Patty Bun Tzatziki Sauce Carrots & Turnip Fresh Fruit	Southwest Beans Cornbread Green Peas Fresh Fruit		
PM Snack	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
AM Snack	Special K Cereal 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
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Plant Based Nuggets (Soy) Brown Rice Plum Sauce Diced Carrots Fresh Fruit	Egg Patty Cheese Slice Whole Wheat Bread Green Peas Fresh Fruit	Classic Mac & Cheese Plant Based Tenders (Soy) Leafy Greens (Italian Dressing) Fresh Fruit	Hidden Bean Lasagna Corn Fresh Fruit	Portuguese Beans and Whole Grain Pasta Assorted Bell Pepper Sticks Fresh Fruit
Entrée B HEALTHY CHOICES	Mixed Bean Soup Whole Wheat Dinner Roll Baby Carrots Fresh Fruit	Lentil 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		Vegetarian Bolognese (Soy) and Whole Grain Pasta Assorted Bell Pepper Sticks Fresh Fruit
PM Snack	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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	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	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
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Mushroom Patty with Gravy Bun Sunrise Mix (Carrots & Green Beans) Fresh Fruit	Vegetarian Egg "Fried" Rice Broccoli Fresh Fruit	Tofu in Butter Masala Sauce and Whole Grain Pasta Peas & Corn Fresh Fruit	Bean Taco Bowl (Soy) Mexican Rice Shredded Cheese Assorted Bell Pepper Sticks Fresh Fruit	Tomato Bean Primavera Sauce and Whole Grain Pasta Diced Carrots Fresh Fruit
Entrée B HEALTHY CHOICES		Teriyaki Vegetarian Meatballs (Soy) Brown Rice Broccoli Fresh Fruit	Breaded Cod Pieces Whole Wheat Tortilla Lemon Garlic Yogurt Sauce Peas & Corn Fresh Fruit	Black Bean Burger Bun Corn Fresh Fruit	
PM Snack	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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	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	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
Entrée A HEALTHY CHOICES HEALTHY BALANCE	Coconut Tofu Curry Brown Rice Vegetable Medley (Green Beans, Green Peas, Carrot, Corn) Fresh Fruit	Hidden Tofu Mac and Cheese Peas & Corn Fresh Fruit	BBQ Vegetarian Meatballs (Soy) Whole Wheat Bread Sunrise Mix (Carrots & Green Beans) Fresh Fruit	Fish Sticks Brown Rice Green Peas Fresh Fruit	Herbed Tofu and Whole Grain Pasta Baby Carrots Fresh Fruit
Entrée B HEALTHY CHOICES			Plant Based Crumble Lasagna (Pea/Legume) Cucumber Slices Fresh Fruit	Adobo Beans Brown Rice Green Peas Fresh Fruit	Whitefish Rose Sauce in Whole Grain Pasta Diced Carrots Fresh Fruit
PM Snack	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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