

| | 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 Strawberry Jam 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
WHOLESOME menu yet!



**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.

Spring/Summer 2026 Menu

Week 2

| | 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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|--|---|--|--|--|---|
| 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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| 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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-  Simple, wholesome ingredients for growing bodies and minds.
-  Meals and snacks using municipal, provincial and national nutritional guidelines.
-  Food kids love to eat.