

School Year Menu – Week #1

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	<p>Cereal with milk (Bran flakes and Cheerios)</p> <p>Blueberries</p> <p>Milk and water</p>	<p>Hot cereal with milk (cooked oats)</p> <p>Kiwi</p> <p>Milk and water</p>	<p>Whole grain toast with pea butter and apple butter spreads</p> <p>Bananas</p> <p>Milk and water</p>	<p>Applesauce and rice cakes (raspberry, peach, strawberry and plain apple varieties)</p> <p>Oranges</p> <p>Milk and water</p>	<p>Cereal with milk (Bran flakes and Cheerios)</p> <p>Strawberries</p> <p>Milk and water</p>
Lunch	<p>Hot chicken Caesar wraps on whole wheat flats with lettuce and grated cheddar cheese toppings</p> <p>Steamed corn</p> <p>Carrot sticks</p> <p>Milk and water</p>	<p>Three-cheese lasagna with tofu, spinach and ricotta, parmesan, and mozzarella cheeses</p> <p>Bean salad with yellow, green and white beans, red onions, diced tomatoes, shredded carrots, chick peas and vinaigrette dressing</p> <p>Milk and water</p>	<p>Beef stir fry with snow peas, onion, carrots and broccoli</p> <p>Basmati rice</p> <p>Cucumber slices</p> <p>Milk and water</p>	<p>Vegetable soup with quinoa, onions, celery, corn, carrots and peas</p> <p>Egg, tuna and cheese sandwiches on whole grain bread</p> <p>Steamed green beans</p> <p>Milk and water</p>	<p>Homemade chicken burgers on whole wheat buns with tomato and onion toppings</p> <p>Tri-colour rotini pasta salad with tomatoes, cucumber and red onions</p> <p>Orange pepper slices</p> <p>Milk and water</p>
P.M. Snack	<p>Trail mix popcorn with pretzels and dried cranberries & raisins</p> <p>Golden delicious apples</p> <p>Milk, juice and water</p>	<p>Whole wheat naan bread with tomato dip</p> <p>Red mango</p> <p>Milk, juice and water</p>	<p>Plain yogurt with bran flakes cereal topping</p> <p>Fruit salad (strawberries, blueberries and honeydew melon chunks)</p> <p>Milk, juice and water</p>	<p>Carrot muffins</p> <p>Bartlett pears</p> <p>Milk, juice and water</p>	<p>Hummus dip with whole wheat pita bread</p> <p>Red grapes</p> <p>Milk, juice and water</p>
2nd P.M. Snack	<p>Golden delicious apples</p> <p>Milk and water</p>	<p>Red mango</p> <p>Milk and water</p>	<p>Honeydew melon chunks</p> <p>Milk and water</p>	<p>Bartlett pears</p> <p>Milk and water</p>	<p>Red grapes</p> <p>Milk and water</p>

School Year Menu – Week #2

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Hot cereal with milk (cooked oats) Honeydew melon Milk and water	Whole grain toast and boiled eggs Bananas Milk and water	Cereal with milk (Bran flakes and Cheerios) Strawberries Milk and water	Rice cakes with apple butter and pea butter spreads Gala apples Milk and water	Cereal with milk (Bran flakes and Cheerios) Kiwi Milk and water
Lunch	Turkey meatballs (made with oats) with tomato sauce, mozzarella on whole wheat buns Whole wheat rotini salad with orange peppers, tomatoes, cucumbers, feta cheese and creamy ranch dressing Milk and water	Vegetarian stir fry with Japanese udon noodles, tofu, red peppers, snow peas and green onions Bok choy with yellow onions, orange and green peppers Milk and water	Roast beef with homemade gravy dipping sauce Whole wheat dinner rolls with sliced mozzarella slices Roasted potatoes Steamed broccoli Milk and water	Red lentil soup with onions and celery Egg, tuna and cheese sandwiches on whole grain bread Baby carrots Milk and water	Beef fajitas on whole wheat tortilla flats with sour cream, salsa and cheese Orzo salad with cucumbers, tomatoes, red onions and vinaigrette dressing Orange pepper slices Milk and water
P.M. Snack	Baked vegetable samosas and sour cream Cantaloupe chunks Milk, juice and water	Oatmeal raspberry cookies Granny Smith apples Milk, juice and water	Pea butter and banana roll ups on whole wheat tortilla flats Oranges Milk, juice and water	Homemade pumpkin muffins Green grapes Milk, juice and water	Whole grain nachos with salsa Red delicious apples Milk, juice and water
2nd P.M. Snack	Cantaloupe chunks Milk and water	Granny Smith apples Milk and water	Oranges Milk and water	Green grapes Milk and water	Red delicious apples Milk and water

School Year Menu – Week #3

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	<p>Cereal with milk (Bran flakes and Cheerios)</p> <p>Blueberries</p> <p>Milk and water</p>	<p>Assorted applesauce with rice cakes (raspberry, peach, strawberry and apple varieties)</p> <p>Bananas</p> <p>Milk and water</p>	<p>Hot cereal with milk (cooked oats)</p> <p>Strawberries</p> <p>Milk and water</p>	<p>Whole grain toast with pea butter and apple butter spreads</p> <p>Oranges</p> <p>Milk and water</p>	<p>Cereal with milk (Bran flakes and Cheerios)</p> <p>Honeydew melon</p> <p>Milk and water</p>
Lunch	<p>Baked jerk chicken thighs</p> <p>Basmati rice</p> <p>Tomato and cucumber salad with red onions and vinaigrette dressing</p> <p>Milk and water</p>	<p>White bean soup with carrots and potatoes</p> <p>Whole wheat Kaiser buns with sliced cheddar cheese</p> <p>Cucumber slices</p> <p>Milk and water</p>	<p>Beef chili con carne with orange and green peppers, celery, onions, tomato sauce and red kidney beans</p> <p>Whole wheat dinner rolls</p> <p>Carrot coins</p> <p>Milk and water</p>	<p>Whole wheat penne with homemade tofu tomato sauce and parmesan cheese</p> <p>Caesar salad with homemade croutons</p> <p>Steamed green beans</p> <p>Milk and water</p>	<p>Beef hamburgers on whole wheat buns with tomato and onion slices</p> <p>Sweet potato chunks</p> <p>Sliced orange peppers</p> <p>Milk and water</p>
P.M. Snack	<p>Whole wheat and multigrain bagels with cream cheese</p> <p>Golden delicious apples</p> <p>Milk, juice and water</p>	<p>Homemade blueberry lemon muffins</p> <p>Red Mangos</p> <p>Milk, juice and water</p>	<p>Plain yogurt with honey and homemade granola topping</p> <p>Kiwi</p> <p>Milk, juice water</p>	<p>Homemade banana bread</p> <p>Bosc pears</p> <p>Milk, juice and water</p>	<p>Assorted applesauce with rice cakes (raspberry, peach, strawberry and plain apple varieties)</p> <p>Oranges</p> <p>Milk, juice and water</p>
2nd P.M. Snack	<p>Golden delicious apples</p> <p>Milk and water</p>	<p>Red Mangos</p> <p>Milk and water</p>	<p>Kiwi</p> <p>Milk and water</p>	<p>Bosc pears</p> <p>Milk and water</p>	<p>Oranges</p> <p>Milk and water</p>

School Year Menu – Week #4

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Hot cereal with milk (cooked oats) Blueberries Milk and water	Toasted whole wheat English muffins with apple butter and pea butter spreads Green grapes Milk and water	Cereal with milk (Bran flakes and Cheerios) Strawberries Milk and water	Plain yogurt with bran cereal topping Blackberries Milk and water	Cereal with milk (Bran flakes and Cheerios) Red Mango Milk and water
Lunch	Chicken Pad Thai stir fry With shredded carrots, red peppers and green onions Garden salad with romaine lettuce, tomatoes, red onions, celery and cucumbers Milk and water	Rotini with Alfredo sauce (parmesan cheese), broccoli and mushrooms Creamy cabbage and carrot coleslaw Milk and water	Beef tacos on cornmeal shells and/or soft whole wheat tortilla flats with sour cream, grated cheddar cheese, lettuce, tomato and salsa toppings Steamed corn Carrot coins Milk and water	Potato and leek soup with tofu Whole wheat pita bread with hummus Cauliflower florets Milk and water	Whole wheat submarine sandwiches with baked chicken slices, tomatoes, lettuce and mozzarella cheese slices Couscous salad with shredded carrots, red onions, cucumbers and black olives Milk and water
P.M. Snack	Whole wheat tortilla flats with cream cheese and cucumbers Bananas Milk, juice and water	Cereal with milk (Bran flakes and Cheerios) Red grapes Milk, juice and water	Banana oatmeal bars Gala apples Milk, juice and water	Cranberry scones Oranges Milk, juice and water	Whole grain nachos and salsa Bartlett pears Milk, juice and water
2nd P.M. Snack	Bananas Milk and water	Red grapes Milk and water	Gala apples Milk and water	Oranges Milk and water	Bartlett pears Milk and water