

MENU: July 22 – 26, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM EARLY SNACK	Whole Grain Cereals & Apple Slices Water/Milk	Kellogg's Corn Flakes & Kiwi Slices Water/Milk	Fruit Yogurt & Banana Wheels Water/Milk	Oatmeal Cookies & Apple Slices Water/Milk	Shredded Wheat Squares & Oranges Water/Milk
9:00 AM SNACK	Porridge & Oranges Water/Milk	Waffles & Watermelon Water/Milk	Banana Bread & Pear Slices Water/Milk	Buttered Cinnamon Raisin Bread & Grapes Water/Milk	French Toast & Honeydew Chunks Water/Milk
11:30 AM LUNCH	Pasta w/Meatballs & Honeydew Chunks Water/Milk	Fried Perogies & Pineapple Chunks Water/Milk	'Celebration of Canadian Culture' Baked Macaroni & Watermelon Water/Milk	Spanish Rice w/Tofu & Banana Wheels Water/Milk	Stir-Fry Mixed vegetable w/Naan Bread & Apples Water/Milk
3:00 PM SNACK	Digestive Cookies & Grapes Water/Milk	Multi-Grain Crackers & Apple Water/Milk	Vegetable Crackers & Cheese Water/Milk	Quinoa Bread w/Jam & Pineapple Chunks Water/Milk	Digestive Cookies & Assorted Fruit Water/Milk
5:15 PM LATE SNACK	Cheese Cubes & Orange Wedges Water/Milk	Biscotti & Kiwi Water/Milk	Nachos w/Dip Water/Milk	Digestive Cookies & Apples Water/Milk	Pita Pockets w/Jam Water/Milk

Please Note: Veg options are available as well.



