

Week 1

Week 1						
Menu Guide		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack						
Snack Name		Cheerios with Milk & Bananas	English Muffins with Jam	Whole Wheat Toast & Apples	Raisin Toast & Bananas	Homemade Whole Wheat Fruit Loaf
Lunch						
Meal Name		Broccoli Alfredo Bake	White Fish in Cheese Sauce	Chicken a la King	Spaghetti & Meat Sauce	Bean Burrito Bowl
Vegetarian		Broccoli Alfredo Bake	White Kidney Beans in Cheese Sauce	Chickpea a la King	Spaghetti with Lentil Marinara Sauce	Bean Burrito Bowl
Vegetables & Fruits		Broccoli & Oranges	Peas, Carrots, Celery & Apples	Mixed Veggies, Onions & Bananas	Spaghetti Veggie Mix & Mandarins	Lettuce, Corn, Salsa & Pineapple
Grains		Tri-Coloured Rotini	Brown Rice	Brown Rice	Spaghetti	Brown Rice
Iron-Rich Protein		Cottage Cheese & ½ + ½ Milk	White Fish & White Kidney Beans	Chicken & Chickpeas	Ground Chicken & Lentils	Black Beans & Kidney Beans
Drink		Milk	Milk	Milk	Milk	Milk
Afternoon Snack						
Snack Name		Cucumber & Carrots with Ranch	Homemade Whole Wheat Blueberry Loaf	Soda Crackers with Salsa	Homemade Whole Wheat Raisin Loaf with Bananas	Oatmeal Biscuits & Bananas

- Water is available for the children to drink any time throughout the day
- Milk is provided at lunches

Week 2

Menu Guide	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Snack Name	Whole Wheat Toast & Bananas	Strawberry Pancakes	Oatmeal with Mixed Berries	Raisin Toast & Apples	Cheerios with Milk & Bananas
Lunch					
Meal Name	Tuna Casserole	Sloppy Joes	Veggie Chili	Taco Salad	Chicken & Cheese Sandwiches
Vegetarian	Chickpea Casserole	Brown Bean Sloppy Joes	Veggie Chili	Black Bean Taco Salad	Cheese Sandwiches
Vegetables & Fruits	Peas, Celery & Peaches	Salsa, Mixed Veggies & Oranges	Spaghetti Veggie Mix, Tomatoes, Corn & Bananas	Lettuce, Corn, Tomatoes & Oranges	Celery, Onion & Mandarins
Grains	Macaroni	Whole Wheat Bread	Brown Rice	Brown Rice	Whole Wheat Bread
Iron-Rich Protein	Tuna & Chickpeas	Ground Chicken & Brown Beans	Brown, Black & Kidney Beans	Ground Chicken & Black Beans	Chicken & Cheese
Drink	Milk	Milk	Milk	Milk	Milk
Afternoon Snack					
Snack Name	Homemade Whole Wheat Tortilla Chips & Homemade Hummus	Homemade Whole Wheat Apple & Carrot Loaf	Snack Crackers, Cucumber & Ranch	Veggie Crackers & Cheese	Homemade Whole Wheat Fruit Loaf

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Snack Name	Whole Wheat Toast with Jam & Bananas	Oatmeal with Mixed Berries	Cheerios with Milk & Bananas	Homemade Whole Wheat Banana Loaf	Blueberry Pancakes
Lunch					
Meal Name	Cheese Perogies	Chicken Alfredo	Sweet & Sour Chicken	Cheesy Sweet Pepper Frittata	Goulash
Vegetarian	Cheese Perogies	Alfredo with Cottage Cheese	Sweet & Sour Lentils	Cheesy Sweet Pepper Frittata	Kidney Bean Goulash
Vegetables & Fruits	Peas, Carrots & Pineapple	Spinach & Bananas	Mixed Veggies & Oranges	Mixed Veggies, Spinach & Bananas	Spaghetti Veggie Mix & Apples
Grains		Spaghetti	Brown Rice		Macaroni
Iron-Rich Protein	Brown Beans	Chicken & Cottage Cheese	Chicken & Lentils	Egg	Ground Chicken & Kidney Beans
Drink	Milk	Milk	Milk	Milk	Milk
Afternoon Snack					
Snack Name	Snack Crackers & Apples	Homemade Whole Wheat Blueberry Loaf	Homemade Whole Wheat Tortilla Chips & Homemade Hummus	Cucumber & Carrot Sticks with Homemade Tzatziki	Oatmeal Biscuits & Bananas

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Week 4

Week 4						
Menu Guide		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack						
Snack Name		Strawberry Pancakes	Yogurt with Toasted Oats & Mixed Berries	Oatmeal with Blueberries	English Muffins with Jam & Bananas	Cheerios with Milk & Bananas
Lunch						
Meal Name		Creamy Lentil & Veggie Curry	Tuna & Egg Salad Sandwiches	Chicken Noodle Casserole	Macaroni & Cheese	Tomato & Rice Soup with Tuna Melts
Vegetarian		Creamy Lentil & Veggie Curry	Egg or Cheese Sandwiches	Chickpea & Noodle Casserole	Macaroni & Cheese	Tomato & Rice Soup with Grilled Cheese
Vegetables and Fruits		Sweet Potatoes, Onion, Green Beans, Tomatoes & Peaches	Cucumber, Celery & Bananas	Mixed Veggies & Oranges	Peas, Carrots & Applesauce	Celery, Carrots, Peas & Pineapple
Grains		Brown Rice	Whole Wheat Bread	Tri-Coloured Rotini	Macaroni	Brown Rice & Burger Buns
Iron-Rich Protein		Lentils & Yogurt	Tuna & Egg	Chicken & Chickpeas	Cottage Cheese	Tuna & Cheese
Drink		Milk	Milk	Milk	Milk	Milk
Afternoon Snack						
Snack Name		Oatmeal Biscuits & Oranges	Homemade Whole Wheat Zucchini Loaf	Carrots with Homemade Hummus	Homemade Whole Wheat Tortilla Chips & Salsa	Cheese Strings & Apples

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