

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Water	Whole Wheat Bagels with Wow Butter, Banana Slices and Coconut	Yogurt Fresh Fruit	*Homemade Berry Bonanza Muffins Fresh Fruit	Whole-Wheat English Muffin with Homemade Cheddar and Cream Cheese Spread	*Banana Bread or Banana Muffins Fresh Fruit
Lunch Water Milk	*Homemade Pasta and Cheese with Cauliflower Lentil Sauce Caesar Salad Fresh Fruit	*Ground Beef and Vegetable Stew <i>(V=*Bean and Vegetable Stew)</i> Whole Wheat Dinner Rolls Fresh Fruit	*Homemade Creamy Carrot & Lentil Soup *Chicken Breast, Egg Salad or Tuna Sandwiches on Whole-wheat Bread (pick 2 sandwich options) <i>(V=*Cheese or Salad Sandwich)</i> Fresh Fruit	*Korean Beef, Veggie and Noodle Bowls <i>(V=*Tofu, Veggie and Noodle Bowls)</i> Cucumber slices Fresh Fruit	*Homemade Baked Breaded or Herbed Chicken <i>(V=*Cheeky Chickpea and Potato Cakes)</i> Rice Steamed Peas Fresh Fruit
PM Snack Water	*Muffin Tin Eggs and Carrot Sticks	Whole Wheat Tortilla Roll Ups with cream cheese, apple slices and cinnamon	Whole-Wheat Crackers and Cheese Fresh Fruit	Veggies & Ranch Dip Whole Grain Crackers	*Jungle Pudding Graham Wafers

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- Late afternoon pickups: remaining snack items as well as cereal snack mix is always available.
- To ensure variety and seasonal offerings, fruit choice will be posted on the daily fruit log.
- Infants will be offered the same as older children when developmentally appropriate.
- Summer months: Salad may be served instead of soup

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Water	Yogurt Fresh Fruit	Whole Wheat Bagels and Wacky Whipped Cream Cheese Fresh Fruit	*Finger-food French Toast Sticks (served hot or cold with no syrup) Fresh Fruit	*Homemade Crazy Carrot Loaf or Muffins Fresh Fruit	*Whole-wheat Tortilla WOW Butter and banana Roll Ups
Lunch Water Milk	*Homemade Chicken & Vegetable Noodle Soup (V= <i>*Bean & Vegetable Soup</i>) *Chicken Breast, Egg Salad or Tuna Sandwiches on Whole-wheat Bread (pick 2 sandwich options) (V= <i>Cheese or Veggie Sandwich</i>) Fresh Fruit	*Beef, Bean and Vegetable Chilli (V= <i>*Bean and Vegetable Chili</i>) Whole Wheat Dinner Rolls Fresh Fruit	*Chicken Cacciatore (V= <i>*Vegetable Cacciatore with Chickpeas or Lentils</i>) Pasta Steamed Green Beans Fresh Fruit	*Whole Wheat Pita Cheese Pizza with Homemade Tomato Vegetable Sauce *Chickpea and Veggie Salad Fresh Fruit	Chefs Choice Menu Details will be posted on the menu changes form and meal will include a serving from each of the food groups Fresh Fruit
PM Snack Water	*Homemade Whole Wheat Confetti Scones with Blueberries. Fresh Fruit	Veggies and *Ranch Dip Whole Grain Crackers	*Mini open-faced sandwich rolls with cheese or turkey Cucumber Coins and Red Pepper Sticks	*No-bake Chocolate Fudge Cookies Fresh Fruit	*Homemade Granola Bars Fresh Fruit

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AM Snack Water	Whole Wheat Toast with Fruit Spread and WOW butter Fresh Fruit	*Baked Apple Oatmeal Cups Fresh fruit	Yogurt and *Homemade Groovy Granola Fresh Fruit	*Homemade Oatmeal Cookies Fresh Fruit	*Banana Oat Energy Bites Fresh Fruit
Lunch Water Milk	*Pasta with Homemade Lentil Tomato and Vegetable Sauce Caesar Salad Fresh Fruit	*Homemade Bean & Vegetable Soup * Chicken Breast, Egg Salad or Tuna Sandwiches on Whole-wheat Bread /pitas (pick 2 sandwich options) (V=*Cheese or Veggie Sandwich) Fresh Fruit	*Homemade Baked Herbed or Breaded Fish (V= *Cheeky chickpea and potato sticks) Rice Steamed Carrots Fresh Fruit	*Homemade Meatballs or Meatloaf with Homemade BBQ Sauce (V=*Veggie Ground Round "Meatballs") Roasted or Fresh Mashed Potatoes Steamed Peas Fresh Fruit	*Homemade Chicken and Corn Chowder (V=*Homemade Bean and Corn Chowder) Whole Wheat Dinner Rolls Cucumber slices Fresh Fruit
PM Snack Water	* Crazy Coconut Fun Mix (with Shreddies, Cheerios Pretzels, Sunflower/Pumpkin Seeds, Roasted Chick Peas and Long Strand Coconut) Fresh Fruit	*Bogus Black Bean Brownies Fresh Fruit	*Tuna Sandwich on Whole-wheat Bread and Cucumber Wheels	Veggies & Ranch Dip Whole Grain Crackers	*Homemade Crunchy Pita Wedges with *Homemade Salsa & Guacamole

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AM Snack Water	*Homemade Healthier Trail Mix Apple Slices	Yogurt Fresh Fruit	*Baked Happy Hawaiian Oatmeal Fresh Fruit	* Banana Oat Monkey Bars Fresh Fruit	* Lemon Poppy Seed Loaf or Muffins Fresh fruit
Lunch Water Milk	*Pasta Baked with Lean Ground Beef, Homemade Pasta Sauce and Cheese <i>(V=*Homemade Pasta Sauce with Veggie Ground Round)</i> Tossed Salad Fresh Fruit	*Homemade Carrot, Apple and Lentil Soup *Chicken Breast, Egg Salad or Tuna Sandwiches on Whole-Wheat Bread / pitas (pick 2 sandwich options) <i>(V=*Cheese or Veggie Sandwich)</i> Fresh Fruit	*Chicken and Vegetable Rice Bake <i>(V=*Tofu and Vegetable Rice Bake)</i> Fresh Fruit	*Taco Salad with Beef Black Beans, Tomatoes, Cucumbers, Lettuce, Cheese, Homemade Salsa & Ranch Dressing <i>(V= *as above with beans)</i> *Whole-wheat Baked Tortilla Crisps Fresh Fruit	Chefs Choice Menu Details will be posted on the menu changes form and meal will include a serving from each of the food groups Fresh Fruit
PM Snack Water	Whole-Wheat Pita Bread with Tzatziki and Pepper Sticks	*Chocolate Zucchini Bread Fresh Fruit	*Cheesy Pizza Puffs Cucumber slices	Veggies with Ranch Dip Whole Grain Crackers	Whole-wheat Tortilla Roll ups with Herb Flavoured Cream Cheese and Grated Carrots

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AM Snack Water	Whole-Wheat English Muffins With Fruit Spread Fresh Fruit	Yogurt with Bran buds Fresh Fruit	*Outrageous Oatmeal Energy Balls Fresh Fruit	Unsweetened Applesauce Graham Crackers	*Banana Chocolate Chip Muffins / Loaf Fresh Fruit
Lunch Water Milk	*Vegetable and Cheese Frittata <i>(V=*Veggie burger and veggies)</i> Whole Wheat Dinner Rolls Fresh Fruit	*Butter Chicken Curry <i>(V=*Chickpea and Vegetable Curry)</i> Rice Peas Fresh Fruit	*Homemade Creamy Broccoli, Lentil & Cheese Soup *Chicken Breast, Egg Salad or Vegetable & Cheese Sandwiches on Whole Wheat Bread or Pitas (pick 2 sandwich options) <i>(V=*Cheese or Veggie Sandwich)</i> Fresh Fruit	*Roast Chicken or BBQ Chicken *Quinoa and Vegetable Pilaf <i>(V=*Quinoa, Lentil and Vegetable Pilaf)</i> Fresh Fruit	* Fish Tacos on Whole Wheat Tortillas with Lettuce, Diced Peppers, Cheese and Homemade Salsa <i>(V=*Soft Bean Tacos with fixings above)</i> Fresh Fruit
PM Snack Water	Veggies with Home Made Ranch Dip Whole Grain Crackers	*Egg Salad Sandwich/pitas with Rainbow Pepper Sticks	*Homemade Cereal Drop Cookies Fresh Fruit	* Whole Grain Crackers With Cheese Fresh fruit	*Homemade Spinach Dip Pumppernickel Bread or Whole-Wheat Pita

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