

# Summer Menu



WEEK 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Whole Grain Cereal Milk	Whole Wheat English Muffin Cinnamon Spread Milk	Apple Cinnamon Cereal Mix Diced *Melon Milk	Yummy Egg Salad Cracked Wheat Crackers Milk	Whole Grain Vegan Lemon Chia Muffin Hat 100% Strawberry, Mango, Apple Fruit Puree Milk
<b>Morning Snack</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Lunch</b>	Filipino Style Chicken Pancit with Brown Rice Noodles (*broccoli, cabbage, *carrots, cauliflower, chicken, *peas, rice noodles) Milk	Extra Lean Beef Meatballs with Tomato Sauce Vegetable Rotini *Green&Yellow Beans Milk	Baked Pollock Fish Wedge Rainbow Rice (*carrots, celery, corn, *kale, onions, rice) Milk	Turkey Sloppy Joe Whole Wheat Bun *Green Peas Milk	Lebanese Stew (barley, *carrots sliced, chickpeas, *green/red peppers, onions, potatoes, *zucchini) Milk
<b>Afternoon Snack</b>	Garlic Breadstick Yummy Tomato & Bean Marinara	Fresh Fruit Whole Grain Parmesan Triscuits	Whole Grain Orange and Zucchini Loaf 100% Pear & Apple Fruit Puree	Yogurt Multigrain Cinnamon Crunchy Mix	Steamed Vegetables Onion Bun

\*Indicates dark green and/or dark orange vegetables offered daily.  
Menu approved by a registered Dietitian.  
Water is available at all times.  
Fresh Fruit may vary depending on season.



# Summer Menu



WEEK 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Whole Grain Cereal Milk	Waffles 100% Apple & Maple Fruit Puree Milk	Banana Oatmeal Bar Milk	Vegan Brioche Bread 100% Peach & Apple Fruit Puree Milk	Yogurt Fresh Fruit Milk
<b>Morning Snack</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Lunch</b>	Lemon Dill Pasta & Egg Scramble (corn, egg, *green/red peppers, onion, lentils) *Diced Carrots Milk	Thai Chicken & Vegetables (*bell pepper strips, *broccoli, *carrots (yellow & orange), chicken, *green beans, onions) Brown Rice Milk	Veggie Taco Whole Wheat Tortilla *Peas & Corn Milk	Creamy Basil Pasta Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *spinach, corn, tomatoes, cucumber, quinoa) Milk	Baked Extra Lean Beef Burgers Whole Wheat Bun *PEI Mixed Vegetables (*carrots, *green & yellow beans) Milk
<b>Afternoon Snack</b>	Blueberry Oat Bun Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers	Fresh Fruit Whole Grain Spice Snaps	Whole Grain Cheese Bites *Steamed Carrots	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

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# Summer Menu



WEEK 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Whole Grain Cereal Milk	Whole Wheat English Muffin Cinnamon Spread Milk	Apple Cinnamon Cereal Mix Diced *Melon Milk	Hard Boiled Egg Cracked Wheat Crackers Milk	Whole Grain Vegan Banana & Oat Muffin Hat 100% Tropical Fruit Puree
<b>Morning Snack</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Lunch</b>	Chicken Mac & Cheese *Green Peas Milk	Baked Haddock & Cod Fish Cakes Vegetable Couscous (*bell peppers, *carrots, couscous, onion, *spinach) Milk	Egg Patty Whole Wheat Bun *Broccoli & Cauliflower Milk	Extra Lean Beef Meatballs with Yummy Tomato Sauce Brown Rice *Green & Yellow Beans Milk	Yummy Chickpea Ratatouille (chickpeas, *diced carrots, corn, eggplant, mushrooms, onion, *peas, shell pasta, *zucchini) Milk
<b>Afternoon Snack</b>	Garlic Breadstick Chunky Chickpea Salad	Fresh Fruit Whole Grain Garden Veggie Bites	Whole Grain Mixed Berry Loaf 100% Raspberry & Apple Fruit Puree	Yogurt Multigrain Cinnamon Crunchy Mix	Steamed Vegetables Onion Bun

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# Summer Menu

WEEK 4					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Whole Grain Cereal Milk	Waffles Raspberry Crumble Apple 100% Fruit Puree Milk	Blueberry Oatmeal Bar Milk	Vegan Brioche Bread 100% Passion Fruit Blend Puree Milk	Yogurt Fresh Fruit Milk
<b>Morning Snack</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Lunch</b>	Baked Pollock Fish Sandwich Whole Wheat Pita *Mixed Vegetable Blend (*broccoli, *carrots (orange/ yellow), *green beans) Milk	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Green Peas Milk	Summer Veggie Chili (black beans, *carrots, corn, *green/red peppers, kidney beans, onions, soy protein, *squash, tomatoes) Brown Rice Milk	Baked Spinach, Feta & Chicken Kafta Yummy Golden Barley *Green & Yellow Beans Milk	Fun Friday
<b>Afternoon Snack</b>	Apple Oat Bun Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers	Fresh Fruit Multigrain Wheat Thins	Whole Grain Cheese Bites *Steamed Carrots	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

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