

For Dates: Sept 2*-6, Sept 30-Oct 4, Oct 28-Nov 1, Nov 25-29

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cheerios with Applesauce	Snacking Pita & Fruit	Raisin Bread with Apple Cinnamon Dip	Digestive Biscuits & Fruit	Yogurt with Granola
Lunch (includes fruit & 2% milk)	Mac & Cheese with Squash	Butter Chicken with Basmati Rice & Peas	Spaghetti with Meat Sauce & Spinach	Creamy Pasta with Chicken & Broccoli	Shepherd's Pie with Carrot Coins (lean ground beef, mashed potato, cheese & veggies)
Afternoon Snack	Muffin & Fruit	Veggies with Spinach Dip	Cheese & WW Crackers	WW Dinner Roll with Creamcheese	Goldfish Crackers with Fruit
Veg Lunch Option (includes eggs & dairy)	-	Butter Chickpeas with Basmati Rice & Peas	Spaghetti with Tomato Sauce, Minced Soy & Spinach	Creamy Pasta with White Beans & Broccoli	Vegetarian Shepherd's Pie & Carrot Coins (lentils,, mashed potato, cheese & veggies)

WG = Whole grain, WW = Whole Wheat, MG = Multigrain

Fruit = Fruit will vary day to day, based on availability/seasonality. Fruit provided can be fresh, canned or frozen (always plain or unsweetened). Fruit choices may include apples, pears, oranges, pineapple, cantaloupe, watermelon etc. Assorted veggies = Veggies/veggie sticks vary day to day, based on availability/seasonality. Veggies provided can be fresh, canned or frozen. Veggie choices may include carrots, celery, bell peppers, cucumbers, cauliflower, broccoli, zucchini etc.

Please note this menu is subject to change at any time. Substitutions will be made for allergies and dietary restrictions.

**On the Tuesday after a Monday statutory holiday, the Monday snacks will be delivered for the Tuesday – and the Monday lunch may be delivered on the Tuesday.*

Menu valid from Sept 3 – Dec 20, 2024



For Dates: Sept 9-13, Oct 7-11, Nov 4-8, Dec 2-6

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	MG Shreddies with Applesauce	Yogurt Tube & Rice Cake	½ Cheese Sandwich on wholewheat bread	Mini Scone & Fruit	Apple Slices with Vanilla Yogurt Dip
Lunch (includes fruit & 2% milk)	Cheese Tortellini in tomato sauce with diced carrots	BBQ Chicken with Veggie Rice (diced sweet peppers)	Marinara Beef Meatballs with Mashed Potatoes & Corn	Chicken Vegetable Noodle Stir-fry	Cheese & Potato Perogies Steamed Edamame
Afternoon Snack	Arrowroot Cookies & Fruit	WW Crackers with WOW Butter	Trail Mix & Fruit	Nachos & Cucumber Slices	Mini Brioche & Fruit
Veg Lunch Option (includes eggs & dairy)	-	Roasted BBQ Tofu with Veggie Rice	Marinara Veggie Meatballs with Mashed Potatoes & Corn	Tofu Vegetable Noodle Stir-fry	-

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For Dates: Sept 15-20, Oct, 14*-18, Nov 11-15, Dec 9-13

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	WG Cheerios with Applesauce	Snacking Pita & Fruit	Raisin Bread with Apple Cinnamon Dip	Digestive Biscuits & Fruit	Yogurt with Granola
Lunch (includes fruit & 2% milk)	Mac & Cheese with Squash	Baked Fish Bites with Rice & Veggies (carrots & edamame)	Beef Ziti Pasta (lean minced beef, tomato sauce, cheese & carrots)	Chicken Fingers with Baked Potato Wedges & Corn	Turkey & Cheese Sandwich on WW bread Coleslaw
Afternoon Snack	Muffin & Fruit	WW Dinner Roll with Creamcheese	Goldfish Crackers with Fruit	Veggies & Spinach Dip	Cheese & WW Crackers
Veg Lunch Option (includes eggs & dairy)	Mac & Cheese with Squash	Baked Tofu Bite with Rice & Veggies (carrots & edamame)	Vegetarian Ziti Pasta (chickpeas, tomato sauce, cheese & carrots)	BBQ Veggie Balls with Baked Potato Wedges & Corn	Grilled Veggie & Cheese Sandwich

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For Dates: Sept 23-27, Oct 21-25, Nov 18-22, Dec 16-20

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Multigrain Shreddies & Applesauce	Yogurt Tube & Rice Cake	½ Cheese Sandwich on wholewheat bread	Mini Scone & Fruit	Apple Slices & Vanilla Yogurt Dip
Lunch (includes fruit & 2% milk)	Buttery Parmesan Pasta with Edamame	Chicken Vegetable Fried Rice	Beef Meatballs with Mashed Potato, Gravy & Corn	Chicken Nugget with Hash Browns & Carrot Coins	Chicken Parmesan Pasta & Carrots (chicken pieces with cheese over pasta in tomato sauce)
Afternoon Snack	Arrowroot Cookies with Fruit	WW Crackers & WOW Butter	Trail Mix & Fruit	Nachos & Cucumber Slices	Mini Brioche and Fruit
Veg Lunch Option (includes eggs & dairy)	Buttery Parmesan Pasta with Edamame	Tofu Vegetable Fried Rice	Veggie Meatballs with Mashed Potato, Gravy & Corn	Falafel with Hash Browns & Carrot Coins	Veggie Parmesan Pasta & Carrots

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