



SPRING/SUMMER MENU 2023

School Age Menu

WEEK 1	A.M. SNACK	P.M. SNACK	WEEK 2	A.M. SNACK	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Garlic Breadstick Yummy Tomato & Bean Marinara	MONDAY	Whole Grain Cereal Milk	Blueberry Oat Bun Fresh Fruit
TUESDAY	Whole Wheat English Muffin Cinnamon Spread	Fresh Fruit Whole Grain Parmesan Triscuits	TUESDAY	Waffles 100% Apple & Maple Fruit Puree	Fruit & Veg Salsa Multigrain Pita Crackers
WEDNESDAY	Apple Cinnamon Cereal Mix Diced *Melon Milk	Whole Grain Orange and Zucchini Loaf 100% Pear & Apple Fruit Puree	WEDNESDAY	Banana Oatmeal Bar	Fresh Fruit Whole Grain Spice Snaps
THURSDAY	Yummy Egg Salad Cracked Wheat Crackers	Yogurt Multigrain Cinnamon Crunchy Mix	THURSDAY	Vegan Brioche Bread 100% Peach & Apple Fruit Puree	Whole Grain Cheese Bites *Fresh Carrots
FRIDAY	Whole Grain Vegan Lemon Chia Muffin Hat 100% Strawberry, Mango, Apple Fruit Puree	Fresh Vegetables Onion Bun	FRIDAY	Yogurt Fresh Fruit	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce
WEEK 3	A.M. SNACK	P.M. SNACK	WEEK 4	A.M. SNACK	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Garlic Breadstick Chunky Chickpea Salad	MONDAY	Whole Grain Cereal Milk	Apple Oat Bun Fresh Fruit
TUESDAY	Whole Wheat English Muffin Cinnamon Spread	Fresh Fruit Whole Grain Garden Veggie Bites	TUESDAY	Waffles Raspberry Crumble and Apple 100% Fruit Puree	Fruit & Veg Salsa Multigrain Pita Crackers
WEDNESDAY	Apple Cinnamon Cereal Mix Diced *Melon Milk	Whole Grain Mixed Berry Loaf 100% Raspberry & Apple Fruit Puree	WEDNESDAY	Blueberry Oatmeal Bar	Fresh Fruit Multigrain Wheat Thins
THURSDAY	Hard Boiled Egg Cracked Wheat Crackers	Yogurt Multigrain Cinnamon Crunchy Mix	THURSDAY	Vegan Brioche Bread 100% Passion Fruit Blend Puree	Whole Grain Cheese Bites *Fresh Carrots
FRIDAY	Whole Grain Vegan Banana Oat Muffin Hat 100% Tropical Fruit Puree	Fresh Vegetables Onion Bun	FRIDAY	Yogurt Fresh Fruit	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

Milk and/or Water are served with lunch and snacks

- Menu approved by a registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes



SPRING/SUMMER MENU 2023

Weeks of: May 8th, June 5th, July 4th & 31st, Aug. 28th, Sept. 25th, Oct. 23rd

Preschool – School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Filipino Style Chicken Pancit w/ Brown Rice Noodles (*broccoli, cabbage, *carrots, cauliflower, chicken, *peas, rice noodles) Fresh Fruit	Garlic Breadstick Yummy Tomato & Bean Marinara
TUESDAY	Whole Wheat English Muffin Cinnamon Spread	Extra Lean Beef Meatballs with Tomato Sauce Vegetable Rotini *Spring Mix Salad Fresh Fruit	Fresh Fruit Whole Grain Parmesan Triscuits
WEDNESDAY	Apple Cinnamon Cereal Mix Diced *Melon Milk	Baked Pollock Fish Wedge Rainbow Rice (*carrots, celery, corn, *kale, onions, rice) Fresh Fruit	Whole Grain Orange and Zucchini Loaf 100% Pear & Apple Fruit Puree
THURSDAY	Yummy Egg Salad Cracked Wheat Crackers	Turkey Sloppy Joe Whole Wheat Bun *Green Salad Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
FRIDAY	Whole Grain Vegan Lemon Chia Muffin Hat 100% Strawberry, Mango, Apple Fruit Puree	Lebanese Stew (barley, *carrots sliced, chickpeas, *green/red peppers, onions, potatoes, *zucchini) Fresh Fruit	Fresh Vegetables Onion Bun

Milk and/or Water are served with lunch and snacks

- * Indicates Dark Green and/or Dark Orange Fruit or Vegetable Offered Daily
- Menu approved by a registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes



SPRING/SUMMER MENU 2023

Weeks of: May 15th, June 12th, July 10th, Aug. 8th, Sept. 5th, Oct. 2nd & 30th

Preschool – School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Lemon Dill Pasta & Egg Scramble (corn, egg, *green/red peppers, onion, lentils) *Spring Mix Salad Fresh Fruit	Blueberry Oat Bun Fresh Fruit
TUESDAY	Waffles 100% Apple & Maple Fruit Puree	Thai Chicken & Vegetables (*bell pepper strips, *broccoli, *carrots (yellow & orange), chicken, *green beans, onions) Brown Rice Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers
WEDNESDAY	Banana Oatmeal Bar	Veggie Taco Whole Wheat Tortilla *Green Salad Fresh Fruit	Fresh Fruit Whole Grain Spice Snaps
THURSDAY	Vegan Brioche Bread 100% Peach & Apple Fruit Puree	Creamy Basil Pasta Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *spinach, corn, tomatoes, cucumber, quinoa) Fresh Fruit	Whole Grain Cheese Bites *Fresh Carrots
FRIDAY	Yogurt Fresh Fruit	Baked Extra Lean Beef Burgers Whole Wheat Bun *PEI Mixed Vegetables (*carrots, *green & yellow beans) Fresh Fruit	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

Milk and/or Water are served with lunch and snacks

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SPRING/SUMMER MENU 2023

Weeks of: May 23rd, June 19th, July 17th, Aug. 14th, Sept. 11th, Oct. 10th,

Preschool – School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Chicken Mac & Cheese *Spring Mix Salad Fresh Fruit	Garlic Breadstick Chunky Chickpea Salad
TUESDAY	Whole Wheat English Muffin Cinnamon Spread	Baked Haddock & Cod Fish Cakes Vegetable Couscous (*bell peppers, *carrots, couscous, onion, *spinach) Fresh Fruit	Fresh Fruit Whole Grain Garden Veggie Bites
WEDNESDAY	Apple Cinnamon Cereal Mix Diced *Melon Milk	Egg Patty Whole Wheat Bun *Broccoli & Cauliflower Fresh Fruit	Whole Grain Mixed Berry Loaf 100% Raspberry & Apple Fruit Puree
THURSDAY	Hard Boiled Egg Cracked Wheat Crackers	Extra Lean Beef Meatballs with Yummy Tomato Sauce Brown Rice *Green Salad Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
FRIDAY	Whole Grain Vegan Banana & Oat Muffin Hat 100% Tropical Fruit Puree	Yummy Chickpea Ratatouille (chickpeas, *diced carrots, corn, eggplant, mushrooms, onion, *peas, shell pasta, *zucchini) Fresh Fruit	Fresh Vegetables Onion Bun

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SPRING/SUMMER MENU 2023

Weeks of: May 29th, June 26th, July 24th, Aug. 21st, Sept. 18th, Oct. 16th

Preschool – School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Baked Pollock Fish Sandwich Whole Wheat Pita Pouch *Mixed Vegetable Blend (*broccoli,*carrots(orange /yellow),*green beans) Fresh Fruit	Apple Oat Bun Fresh Fruit
TUESDAY	Waffles Raspberry Crumble and Apple 100% Fruit Puree	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Spring Mix Salad Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers
WEDNESDAY	Blueberry Oatmeal Bar	Summer Veggie Chili (black beans, *carrots, corn, *green/red peppers, kidney beans, onions, soy protein, *squash, tomatoes) Whole Wheat Home-Style Bread Fresh Fruit	Fresh Fruit Multigrain Wheat Thins
THURSDAY	Vegan Brioche Bread 100% Passion Fruit Blend Puree	Baked Spinach, Feta & Chicken Kafta Yummy Golden Barley *Green Salad Fresh Fruit	Whole Grain Cheese Bites *Fresh Carrots
FRIDAY	Yogurt Fresh Fruit	FUN FRIDAY! (Please see posting for the special menu)	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

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