



# MENU

## WEEK 1

### MONDAY

**AM SNACK**

Cereal + Milk

**LUNCH**

Lasagna + Veggies + Milk/Water

**PM SNACK**

Mix Veggies + Ranch dressing



### TUESDAY

**AM SNACK**

Scrambled Eggs + Fruite + Milk/Water

**LUNCH**

Beef Chilli with Bun + Milk/ Water

**PM SNACK**

Lemon loaf with fruit



### WEDNESDAY

**AM SNACK**

Bagel with Cream + Fruite + Milk/Water

**LUNCH**

Grilled Cheese Veggie Soup + Milk/Water

**PM SNACK**

Cheese + Crackers



### THURSDAY

**AM SNACK**

Yogurt + Frozen Berries + Milk/Water

**LUNCH**

Fish Stick + Potatoes + Veggies

**PM SNACK**

Biscuit with Wow + Butter/Jam



### FRIDAY

**AM SNACK**

Waffles + Fruite + Milk/Water

**LUNCH**

Mac & Cheese + Veggie+ Milk/Water

**PM SNACK**

Bran Muffin + Fruite





# MENU

## WEEK 2

### MONDAY

**AM SNACK**

Cereal + Milk

**LUNCH**

Spaghetti + Veggies + Milk/ Water

**PM SNACK**

Cinnamon Loaf + Fruit



### TUESDAY

**AM SNACK**

Pancake + Fruite + milk/water

**LUNCH**

Perogies + Mix Veggies + Milk/ Water

**PM SNACK**

Veggies + Hummus



### WEDNESDAY

**AM SNACK**

Yoyurt w/ Granola Mix & fruite + Milk/Water

**LUNCH**

Chicken Finger + Potatoes + Veggies + Milk/Water

**PM SNACK**

PuffWheat Square



### THURSDAY

**AM SNACK**

Apple Sauce w/ Fruit + milk/water

**LUNCH**

Shepards Pie w/ Veggies + Milk/Water

**PM SNACK**

Fruit



### FRIDAY

**AM SNACK**

Toast w/ Jam/Wow Butter + Fruit + Milk/Watert

**LUNCH**

Veggie Soup with Wraps + milk/water

**PM SNACK**

Lemon Loaf+ fruite





# MENU

## WEEK 3

### MONDAY

**AM SNACK**

Cereal + Milk

**LUNCH**

Pizza w/ Veggies + Milk/Water

**PM SNACK**

Fruit



### TUESDAY

**AM SNACK**

Waffles + Fruite + Milk/Water

**LUNCH**

Meat Loaf with Rice & Veg + Milk/Water

**PM SNACK**

Biscuit with Wow Butter/Jam



### WEDNESDAY

**AM SNACK**

Yogurt w/ Berries + Milk/Water

**LUNCH**

Mac & Cheese w/ Veggie + Milk/Water

**PM SNACK**

Leamon Loaf w/ Fruit



### THURSDAY

**AM SNACK**

Scarmbled Eggs w/ Fruit + Milk/Water

**LUNCH**

Veggie Soup w/ Grilled Cheese + Milk/Water

**PM SNACK**

Fruit



### FRIDAY

**AM SNACK**

Oatmeal w/ honey + fruite + Milk/Water

**LUNCH**

Chef's Choice + veggie+ Milk/Water

**PM SNACK**

Bagel w/ Cream Cheese





# MENU

## WEEK 4

### MONDAY

**AM SNACK**

Cereal w/ Fruit + Milk

**LUNCH**

Soy Sauce Chicken w/ Rice & Veg + Milk/Water

**PM SNACK**

Banana Loaf w/ Fruit



### TUESDAY

**AM SNACK**

Toast w/ Fruit + Milk/Water

**LUNCH**

Beef Barley Soup w/ Buns + Milk/Water

**PM SNACK**

Mix Veggies w/ Cheese



### WEDNESDAY

**AM SNACK**

Bran Muffin w/ Fruit + Milk/Water

**LUNCH**

Baked Fish w/ Mashed Potato + Milk/Water

**PM SNACK**

Hummus w/ Pita Bread



### THURSDAY

**AM SNACK**

Yogurt w/ Garnola Mix + Milk/Water

**LUNCH**

Chicken Pot Pie w/ Fruit + Milk/Water

**PM SNACK**

Cinnamon Loaf w/ Fruit



### FRIDAY

**AM SNACK**

Banana Pancakes + Milk/Fruit

**LUNCH**

Chef Choice + Milk/Water

**PM SNACK**

Fruit

