

Winter Menu

WEEK 1 (Nov. 6th, Dec. 4th, Jan. 2nd & 29th, Feb. 26th, Mar. 25th, Apr. 22nd)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Cereal, Milk	Coconut Oatmeal Bar, Milk	Whole Grain Blueberry Scone, Blueberry & Apple 100% Fruit Puree, Milk	Whole Grain Raisin Bread, Cinnamon Spread, Milk	Yogurt, Fresh Fruit, Milk
Morning Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Lunch	Butter Chicken & Vegetables (cauliflower, chicken, mixed bell pepper strips*, onions, peas*, sliced carrots*), Whole Wheat Couscous, Milk	Extra Lean Beef Meatballs with Tomato Sauce, Whole Wheat Rotini, Green & Yellow Beans*, Milk	Corn Chowder (cauliflower, carrots*, celery, corn, onions, potatoes, white beans), 9 Grain Bread, Dill Dairy Free Spread, Milk	Baked Pollock Fish Wedge, Garden Rice (broccoli*, brown rice, green/red peppers*, onions, squash*), Milk	Turkey & Black Bean Taco, Whole Wheat Tortilla, Green Peas* & Corn, Milk
Afternoon Snack	Apple Oat Bun, Fresh Fruit	Whole Wheat Naan, Edamame & Green Pea Spread	Fresh Fruit, Whole Grain Sundried Tomato & Basil Crackers	Steamed Vegetables, Pretzel Roll	Vegan Oatmeal Cranberry Cookie, Dragon Fruit & Apple 100% Fruit Puree

*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 the season.



Winter Menu

WEEK 2 (Nov. 13th, Dec. 11th, Jan. 8th, Feb. 5th, Mar. 4th, Apr. 2nd & 29th)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Cereal, Milk	Waffles, Raspberry Crumble, 100% Fruit Puree, Milk	Whole Grain Apple Cinnamon Cereal Mix, Fresh Fruit, Milk	Whole Wheat English Muffin, Sweet Peach Mango Bean Spread, Milk	Whole Grain Everything Morning Toast Crackers, Hard Boiled Egg, Milk
Morning Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Lunch	Egg & Veggie Stirfy, (broccoli*, cabbage, cauliflower, carrots*, egg, green/red/yellow pepper strips*, onions, rice vermicelli), Milk	Baked Haddock & Cod Fish Cakes, Golden Vegetable Barley (barley, carrots*, celery, corn, onions, spinach*), Milk	Tri Colour Cheese Tortellini w/ Pureed Lentil Rose Sauce, Green & Yellow Beans, Milk	Pumpkin Soup (carrots*, green peas*, orzo pasta, pumpkin*, white beans), Light Rye Bread Maple Dairy Free Spread, Milk	Baked Chicken Kofta w/ Gravy, Brown Rice, Broccoli* & Cauliflower, Milk
Afternoon Snack	Tropical Fruit & Veg Salsa, Multigrain Pita Crackers	Fresh Fruit, Whole Grain Cheese Bite Crackers	Whole Grain Strawberry Banana Oat Loaf, Acai Berry & Apple 100% Fruit Puree	Yogurt, Multigrain Trail Mix	Steamed Sliced Carrots, Mini Pizza Swirl

*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 the season.



Winter Menu



WEEK 3 (Nov. 20th, Dec 18th, Jan. 15th, Feb. 12th, Mar 11th, Apr. 8th)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Cereal, Milk	Fruit & Oatmeal Bar, Milk	Whole Grain Cinnamon Scone, Pumpkin & Apple 100% Fruit Puree, Milk	Whole Grain Cranberry Bread, Very Berry Spread, Milk	Yogurt, Fresh Fruit
Morning Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Lunch	Vegetarian Lazy Lasagna, (celery, green/red peppers*, mafalda pasta, onions, spinach*, soy protein, tomatoes), Diced Carrots*, Milk	Chicken Noodle Soup (celery, diced carrots*, diced chicken, fresh noodles, kale*, onions, potatoes), Whole Wheat Homestyle Bread, Garlic Dairy Free Spread, Milk	Baked Pollock Fish Wedge, Tomato Brown Rice, Broccoli* & Cauliflower, Milk	Baked Extra Lean Beef Burgers, Whole Wheat Bun, Mixed Vegetables (carrots*, green and yellow beans*), Milk	Chicken Stroganoff w/ Pasta (chicken, corn, mushrooms, onions, parsley, pasta, sliced carrots*, spinach*), Milk
Afternoon Snack	Blueberry Oat Bun, Fresh Fruit	Garlic Naan, Tomato Bruschetta	Fresh Fruit, Spice Snaps	Steamed Vegetables, Pretzel Roll	Vegan Oatmeal Date Cookies, Unsweetened Applesauce

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Menu approved by a registered Dietitian.
Water is available at all times.
Fresh fruit may vary depending on the season.



Winter Menu

WEEK 4 (Nov. 27th, Dec. 27th, Jan. 22nd, Feb. 20th, Mar. 18th, Apr. 15th)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Cereal, Milk	Waffles, Maple & Apple 100% Fruit Puree Milk	Whole Grain Apple Cinnamon Cereal Mix, Fresh Fruit, Milk	Whole Wheat English Muffin, Sweet Peach Mango Bean Spread, Milk	Cracked Wheat Crackers, Dill-ish Egg Salad, Milk
Morning Snack	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Lunch	Extra Lean Beef Meatballs w/ Tomato Sauce, Whole Wheat Bun, Mixed Winter Vegetables (broccoli*, cauliflower), Milk	Chickpea Florentine (chickpeas, onions, pasta, spinach*), Diced Carrots*, Milk	Minestrone Soup (cabbage, carrots*, celery, kidney beans, onions, pasta, peas*, potatoes, tomatoes), Whole Wheat Bread, Dairy Free Spread, Milk	Chicken Vegetable Italiano (carrots*, celery, chicken breast strips, green peppers*, mushrooms, onions, spinach*), Vegetable Fusilli Pasta, Milk	Lentil Dahl, Vegetable Rice (brown rice, carrots*, onions, peas*), Milk
Afternoon Snack	Tropical Fruit & Veg Salsa, Multigrain Pita Crackers	Fresh Fruit, Whole Grain Triscuit	Whole Grain Carrot Spice Load, Pear & Apple 100% Fruit Puree	Yogurt, Multigrain Trail Mix	Steamed Sliced Carrots, Mini Pizza Swirl

*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 the season.

