

SUMMER MENU

Breakfast may include items from the following list:

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| <ul style="list-style-type: none"> • whole grain toast • whole wheat English muffins • assorted whole grain cereals | <ul style="list-style-type: none"> • oatmeal • whole grain/multi-grain cereal bars • pancakes | <ul style="list-style-type: none"> • waffles • fresh fruit • raisin bread | <p>May be served with:</p> <ul style="list-style-type: none"> • jam • cream cheese • butter • WOW butter |
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	Monday	Tuesday	Wednesday	Thursday	Friday
Week One Snack Lunch	Veggie Chilli & Nacho Chips	Tuna Pasta Salad & Roasted Mixed Vegetables (Broccoli, Carrot & Cauliflower)	<i>Taste of: CANADA</i> Roasted Bean & Veggie Poutine with Vegan Gravy	Meatballs with Tomato Herb Pasta & Veggies	Cheese and Pepperoni Pizza Assorted Crudites
	Melon with Cheese & Pretzels	Fresh Baked Carrot Muffins with Bananas	Granola Yogurt with Blueberries	Apple Streusel Cake & Mixed Fruit	Cucumber & Cream Cheese Whole Grain Sandwiches
Week Two Snack Lunch	Bean Quesadilla with Sour Cream & Salsa	Chicken Noodle Soup Grilled Cheese Sandwiches	Greek Garden Pasta Salad (Cucumber, Beans, Red Onions & Tomatoes)	BBQ Chicken Drumsticks with Corn, Rice & Mixed Vegetables	Cheese and Pepperoni Pizza Assorted Crudites
	Rice Cakes with Jam & Bananas	Trail Mix with Diced Pears	Seedless Grapes & Oatmeal Cookies	Cucumber Cream Cheese Sandwiches	Fruit Tarts
Week Three Snack Lunch	Roasted Chickpea Salad on a Bun with Roasted Zucchini	Fish Sticks with Potato Wedges and Peas and Homemade Tartar Sauce	<i>Taste of: ASIA</i> Veggie (Tofu) Stir Fry & Butter Noodles	Chicken and Vegetable Mac n' Cheese	Cheese and Pepperoni Pizza Assorted Crudites
	Veggies & Homemade Dip	Bruschetta with Warm Pita	Banana Muffins & Oranges	Nachos with Sour Cream & Salsa	Fruit Berry Whipped Cream Cheese with Graham Crackers
Week Four Snack Lunch	Garlic Herbed Bowtie Pasta with Chickpeas Roasted Broccoli & Cauliflower	Sloppy Joes & Coleslaw	Minestrone Soup & Grilled Cheese	Chicken Salad on a Bun Garden Salad	Cheese and Pepperoni Pizza Assorted Crudites
	Granola, Yogurt with Blueberries	Zucchini Muffins & Mixed Fruit	Veggies & Homemade Dip	Grape, Cheese Cubes & Trail Mix	Melon Slices Melba Toast & Cream Cheese

★ Milk and water served at breakfast and lunch; water served at snack and throughout the day; grains will be whole wheat or whole grain wherever possible ★