



Spring/Summer Menu

(April - September)

Week 1

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Melba Toast and Apples	Milk Fruit Salad and Cheese Cubes	Milk Yogurt and Melon	Milk Unsweetened Apple Sauce and Cheese Cubes	Milk Whole Grain Bagels and Plain Cream Cheese
Lunch Meat or Alternative	Ham and Cheese Sandwiches	Deluxe Pepperoni Pizza	Mini Quiche (White Cheese & Broccoli)	Beef Shepards Pie	Asian Stir-fry with Chicken
Grain Products	Whole Wheat Bread	Whole Wheat Pita (Pizza Crust)	Quiche Shell	Whole Wheat Bread Mashed Potato (on top of Shepards Pie)	Brown Rice
Vegetable	Vegetable Soup and Fresh Cucumber	Cooked Vegetables and Red and Green Peppers, Tomato (pizza topping)	Cooked Vegetables and Fresh Cherry Tomatoes	Cooked Vegetables	Garden Salad (Cherry Tomatoes, Cucumber and Peppers)
Dairy Product	Milk	Milk Mozzarella Cheese (pizza topping)	Milk White Cheese (in quiche)	Milk	Milk
Fruit or Occasional Dessert	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other Foods					Oil and Balsamic Salad Dressing
Mid-Afternoon Snack	Water Red and Green Peppers and Crackers	Water Vegetable Tray, Dip and Fish Crackers	Water Cucumbers and Crackers	Water Hummus and Whole Wheat Pita	Water Cherry Tomatoes, Cheese Cubes and Melba Toast

*Water is available for the children to drink any time throughout the day.



Spring/Summer Menu

(April - September)

Week 2

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Sugar Free Apple Bran and Pineapple, Carrot, Raisin Muffins and Apples	Milk Melon and Cheerios	Milk Oranges and Yogurt	Milk Oatmeal with Maple Syrup and Apples	Milk 9 Grain Toast with Fruit Jam
Lunch Meat or Alternative	Baked Chicken Fingers	Chickpea, Black Bean and Red Bean Blend (separate from wrap)	Baked Pork Schnitzel	Pork and Beef Bolognese	Turkey Sausage
Grain Products	Baked Whole Wheat Macaroni and Cheese	Brown Rice and Whole Wheat Wrap	Potato Salad	Whole Wheat Pasta	Whole Wheat Bun
Vegetable	Cooked Vegetable	Wrap Fillings (Spinach, Tomato, Peppers, Aioli)	Cooked Vegetable	Cooked Vegetable	Tomato Soup Cooked Vegetables
Dairy Product	Milk Cheese (on Noodles)	Milk Mozzarella Cheese (in Wrap)	Milk	Milk	Milk
Fruit or Occasional Dessert	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other Foods	Plum Sauce				
Mid-Afternoon Snack	Water Crackers and Cheese Cubes	Water Cucumbers, Whole Wheat Pita and Hummus	Water Cherry Tomatoes and Cheese Cubes	Water 3 Bean Blend and Melba Toast	Water Hard Boiled Eggs and Dill Pickles

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Spring/Summer Menu

(April - September)

Week 3

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Cheerios and Oranges	Milk Banana Bread and Apples	Milk Fruit Salad and Cheese Cubes	Milk Melba Toast and Oranges	Milk Whole Grain Bagels and Plain Cream Cheese
Lunch Meat or Alternative	Chicken Breast	Ham	Baked Chicken Burgers	Tuna Sandwiches	Meatloaf
Grain Products	Brown Rice	French Toast on Whole Wheat Bread	Whole Wheat Buns	Whole Wheat Bread	Macaroni Salad
Vegetable	Cooked Vegetables and Garden Salad (Cherry Tomatoes, Cucumbers and Peppers)	Cooked Vegetable	Baked Sweet Potato Fries and Cooked Vegetables	Vegetable Soup and Fresh Cucumbers	Cooked Vegetables
Dairy Product	Milk	Milk	Milk	Milk	Milk
Fruit or Occasional Dessert	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other Foods	Oil and Balsamic Salad Dressing	Maple Syrup	Plum Sauce		
Mid-Afternoon Snack	Water Cherry Tomatoes, Pretzels, Cheese Cubes	Water Whole Wheat Pita and Hummus	Water Red and Green Peppers and Fish Crackers	Water Vegetable Tray and Chickpeas	Water Sesame Crackers, Cheese Cubes and Pickles

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Spring/Summer Menu

(April - September)

Week 4

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Mid-Morning Snack	Milk Fruit Salad and Yogurt	Milk Unsweetened Applesauce and Cheese Cubes	Milk Sugar Free Apple Bran and Pineapple, Carrot, Raisin Muffins and Apples	Milk Cheerios and Melon	Milk 9 Grain Toast with Fruit Jam and Oranges
Lunch Meat or Alternative	Chicken Quesadilla	Pork and Beef Lasagne	Grilled Cheese Sandwiches	Hot Asian Chicken Noodle Salad	Hamburgers
Grain Products	Brown Rice Whole Wheat Tortilla	Whole Wheat Pasta Sheets (in lasagne)	Whole Wheat Bread	Whole Wheat Noodles	Whole Wheat Buns
Vegetable	Cooked Vegetables Peppers and Tomatoes (in quesadilla)	Cooked Vegetable	Tomato Soup and Fresh Cucumbers	Cooked Vegetables	Baked Sweet Potato Fries and Cooked Vegetables
Dairy Product	Milk Cheese (in quesadilla)	Milk	Milk	Milk	Milk
Fruit or Occasional Dessert	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other Foods	Salsa				
Mid-Afternoon Snack	Water Sesame Crackers and Cheese Cubes	Water Vegetable Tray and Dip	Water Pretzels, Cheese Cubes and Olives	Water Melba Toast and Cheese Cubes	Water 3 Bean Blend with Red and Green Peppers

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