

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Sausage Baked Perogies Herbed Baby Carrots	Spinach Lasagna Garlic Baguette Caesar Salad	Sole Fingers Mushroom Risotto California Blend Vegetables	Meatloaf with Gravy Baked Hash Browns Yellow Beans	Chicken Noodle Soup Whole Wheat Crackers Cucumber Slices with Ranch Dip
Mini Naan with Spinach Dip	Graham Wafers with Unsweetened Apple Sauce	Seedless Grapes with Cheese Slices	Parmesan Focaccia with Warm Marinara	Mango and Granola Yogurt Parfaits
Breaded Haddock Steamed Brown Rice Prince Edward Medley Vegetables	Corn Chowder Vegetable Bean and Cheese Flatbread	Turkey and Tomato Penne Casserole Carrot Coins Warm Pita	Honey Garlic Chicken Cous Cous Steamed Broccoli Florets	Beef Medallions with Au Jus Potatoes Buttered Corn
Yogurt and Spice Snaps	Cantaloupe Chunks with Melba Toast and Sliced Cheddar	Vegetable Platter with French Onion Dip and Sun Chips	Granola Bars with Granny Smith Apple Wedges	Baked Spring Rolls with Plum Sauce
Potato Leek Soup with Cheese Panini	Beef Tacos Brown Cajun Rice Roasted Cauliflower	Chicken Parmesan Parsley Noodles Sautéed Green Beans	Roasted Turkey Thighs Garlic Mashed Potatoes Tossed Salad	Baked Pollock Spanish Rice Italian Blend Vegetables
Bagel Bites with Wow Butter	Cucumber Sticks with Herbed Cream Cheese and Trio of Crackers	Mixed Berries with Yogurt	Carrot Loaf	Baked Perogies with Sour Cream
Italian Beef Meatballs Garlic Mashed Potatoes Green Wax Beans	Chicken Fillets Herbed Bowtie Pasta 4 Way Blend Vegetables	Broccoli Cheddar Rice Soup Garlic Crostini	Cod Nuggets Mashed Sweet Potatoes Corn Niblets	Turkey Alfredo with Penne Sweet Peas
Warm Pita Wedges with Roasted Red Pepper Hummus	Nachos with Salsa	Mandarin Oranges and Digestive Cookies	Cheese Pizza Bites	Cereal Trail Mix with Pineapple Chunks

Semester 2 Menu

January 2nd to April 27th

Daily Continental Breakfast may consist of the following:

- waffles
- oatmeal
- whole wheat toast
- assorted muffins
- multigrain bagels
- whole wheat English muffins
- assorted cereals
- yogurt
- multigrain cereal bars
- French toast

Fresh fruit and water are provided for all age groups throughout the entire day.

Menu adaptations are based on individual age groups.

DID YOU KNOW...?

All of our breads, rice and pasta are whole wheat.

