

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Pot Pie Diced Hash Browns Sweet Carrots	Spinach Lasagna Garlic Baguette Tossed Salad	Haddock Bites Mushroom Risotto California Blend Vegetables	Meatloaf Potato Babycakes Steamed Cauliflower	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	Baked Perogies with Sour Cream
Broccoli Cheddar Soup with Cheesy Focaccia Bread	Cod Nuggets Baby Potatoes Niagara Blend Vegetables	Turkey Alfredo with Linguini Roasted Asparagus	Breaded Chicken Fillet Cous Cous Green Beans	Beef Medallions with Au Jus Mashed Potatoes 4 way Vegetable Blend
Vegetable Platter with French Onion Dip and Sun Chips	Cereal Trail Mix with Pineapple Chunks	Strawberry Yogurt and Spice Snaps	Baked Spring Rolls with Plum Sauce	Cinnamon Scones
Breaded Haddock with Bowtie Pasta Carrots and Peas	Mini Beef Pita Pockets with Rice Assorted Vegetables	Roasted Chicken Breast Fingerling Potatoes Zucchini	Minestrone Soup with Wild Rice Caesar Salad	Turkey Schnitzel with Fusilli Yellow Beans
Cucumber Sticks with Herbed Cream Cheese and Crackers	Bagel Bites with Wow Butter	Cheese Pizza Bites	Carrot Loaf	Peach and Granola Yogurt Parfaits
Italian Beef Meatballs Herbed Potatoes Broccoli Florets	Chicken Parmesan with Penne and Peas	Potato Leek Soup Vegetable Bean Flatbread	Baked Pollock Sweet Potato Wedges Buttered Corn	Turkey Sausage and Macaroni Cheese Bake Sunrise Vegetables
Warm Pita Wedges with Roasted Red Pepper Hummus	Nachos and Salsa	Raspberry Danishes	Mandarin Oranges and Digestive Cookies	Pop Corners with Cantaloupe Chunks

Semester 2 Menu

January 7th to April 26th

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.

