



FALL/WINTER 2019-2020 SNACK AND LUNCH MENU

WEEK 1

* AM Snacks provided daily in Preschool only

AM snacks provided to all children before 9:15am on PA days, School Breaks and Summer Camp

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Cheerios 2% Milk Fresh Fruit
LUNCH	Curried Coconut Chicken Rice Pilaf Pepper and Cucumber Stick Whole Wheat Bread Fresh Fruit 2% Milk	All Beef Chili Mashed Potatoes Baby Carrots Whole Wheat Bun Fresh Fruit 2% Milk	Alaskan Pollack Fish Green Peas, Ketchup Whole Wheat Pita Fresh Fruit 2% Milk	Whole Wheat Pasta Chicken Cacciatore Sauce Parmesan Cheese Green Beans and Broccoli Floret Rye Bread Fresh Fruit 2% Milk	All Beef Hamburger Corn Niblets Sliced Cheddar, Ketchup Whole Wheat Burger Bun Fresh Fruit 2% Milk
PM SNACK	Banana Chocolate Cake Fresh Fruit 2% Milk	Yogurt Granola Bars Fresh Fruit 2% Milk	Sliced Cheddar Wheat Crackers Fresh Fruit 2% Milk	*Tuna Salad Whole Wheat Bagel Fresh Fruit 2% Milk *Room 107A – Cream Cheese	Multigrain Cereal Raisins 2% Milk
5:30 SNACK	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk

Transfat Free Lunch Prepared by M. Halpert Catering Limited www.halpertcatering.com

Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Vegetarian alternative available daily

Veggie sticks & Bread change without notice based on availability

Water available at every meal

SNACK AND LUNCH MENU

WEEK 2



*** AM Snacks provided daily in Preschool only**

AM snacks provided to all children before 9:15am on PA days, School Breaks and Summer Camp

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit
LUNCH	Basil Parmesan Chicken Rice Pilaf Pepper and Carrot Sticks Whole Wheat Bread Fresh Fruit 2% Milk	All Beef Lasagna Caesar Salad, Dressing Rye Bread Fresh Fruit 2% Milk	Basa Crunchy Brown Rice, Ketchup Cauliflower Floret and Cucumber Stick Whole Wheat Italian Bread Fresh Fruit 2% Milk	Chicken Mini Fillet Corn Niblets, Ketchup Whole Wheat Pita Fresh Fruit 2% Milk	Cheese Tortellini Tomato Lentil sauce Parmesan Cheese Broccoli Floret and Celery Sticks Whole Wheat Bun Fresh Fruit 2% Milk
PM SNACK	Apple Sauce Rice Cakes 2% Milk	Blueberry Muffins Fresh Fruit 2% Milk	No Nut Butter *Banana Roll Up 2% Milk * Room 101 - Pears	Corn Chips Cheese Salsa 2% Milk	Yogurt Oatmeal Raisin Cookies Fresh Fruit 2% Milk
5:30 SNACK	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk

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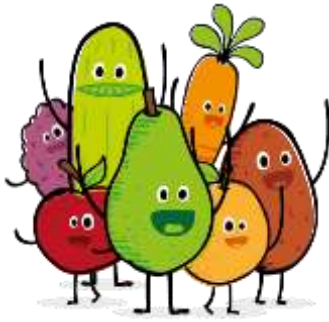
Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Vegetarian alternative available daily

Veggie sticks & Bread change without notice based on availability

Water available at every meal



SNACK AND LUNCH MENU

WEEK 3

* AM Snacks provided daily in Preschool only

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	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit
LUNCH	All Beef Meatballs with Gravy Mashed Potatoes Pepper and Carrot Sticks Flax Seeds Bread Fresh Fruit 2% Milk	Vegetable Pasta Ricotta Tomato Sauce Parmesan Cheese Baby Corn Whole Wheat Bun Fresh Fruit 2% Milk	Teriyaki Chicken with Cabbage Rice Pilaf Whole Wheat Bread Fresh Fruit 2% Milk	Pollack Fish Cake Quinoa Pilaf, Ketchup Cauliflower Floret and Pepper stick Whole Wheat Mini Pita Fresh Fruit 2% Milk	All Beef Kielbasa Sweet Potato tater Puffs, Ketchup Coleslaw, Dressing Whole Wheat Bun Fresh Fruit 2% Milk
PM SNACK	Carrot Raisin Cake Fresh Fruit 2% Milk	No Nut Butter Whole Wheat English Muffin Fresh Fruit 2% Milk	* Egg Salad Whole Wheat Mini Pita Fresh Fruit 2% Milk * Room 107A – Cream Cheese	Whole Wheat Gold Fish Raisins 2% Milk	Unsweetened Yogurt Bread Sticks Fruit Salad 2% Milk
5:30 SNACK	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk

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Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Vegetarian alternative available daily

Veggie sticks & Bread change without notice based on availability

Water available at every meal



SNACK AND LUNCH MENU

WEEK 4

*** AM Snacks provided daily in Preschool only**

AM snacks provided to all children before 9:15am on PA days, School Breaks and Summer Camp

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit
LUNCH	Sweet Jerk Roast Chicken Drums Saffron Rice Pepper and Cucumber Sticks Whole Wheat Italian Bread Fresh Fruit 2% Milk	Whole Wheat pasta All Beef Meatballs in Tomato Sauce Parmesan cheese Cauliflower Floret and Celery stick Rye Bread Fresh Fruit 2% Milk	Chicken Noodle Soup Chicken, salami and Cheese Submarine Baby Carrots Whole Wheat Bun, Mustard Fresh Fruit 2% Milk	Cod Fish Sticks Potato, Squash and green Peas salad Honey Mustard sauce Whole Wheat Pita Fresh Fruit 2% Milk	Vegetable Pasta Primavera Sauce Parmesan Cheese Cauliflower Floret and Cucumber stick Flax Seeds Bread Fresh Fruit 2% Milk
PM SNACK	Nachos Cheese Salsa 2% Milk	Bran Muffin Fresh Fruit 2% Milk	Bumble Berry Square Fresh Fruit 2% Milk	Ricotta Cream Cheese Whole Wheat Bagel Fresh Fruit 2% Milk	Spinach Artichoke Dip Corn Chips Fresh Fruit 2% Milk
5:30 SNACK	Fresh Fruit/Raisins 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk

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Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Vegetarian alternative available daily

Veggie sticks & Bread change without notice based on availability

Water available at every meal

2019 FALL – WINTER INGREDIENT LIST FOR HOT LUNCH ENTREES – October 28, 2019

WEEK ONE

Monday:

Curried Coconut Chicken: chicken, coconut milk, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Rice Pilaf: Rice, water, canola oil, white pepper, salt, margarine (GLUTEN,EGG,DAIRY FREE)

Tuesday:

Beef Chili: Beef, kidney beans, carrots, celery, onions, , Tomato Sauce (crushed tomatoes, tomato paste, water, onion, carrot, celery, seasoning and spices) (GLUTEN, EGG, DAIRY FREE)

Mashed potatoes; potatoes, margarine, milk, salt, pepper (GLUTEN, EGG FREE)

Wednesday:

Alaskan Pollack Fish:: Pollack fillet, water, toasted wheat crumbs, canola oil, whole grain wheat flour, corn starch, yellow corn flour, baking powder, sugar, salt, spice extractive, guar gum, may contain soy (DAIRY, EGG FREE)

Peas: peas, water, salt, pepper, margarine (GLUTEN, EGG, DAIRY FREE)

Thursday:

Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate; (EGG, DAIRY FREE)

Chicken Cacciatore Sauce: Chicken, Tomato Sauce (crushed tomatoes, tomato paste, water, onion, carrot, celery), olives, mushrooms, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Friday:

Beef hamburger: Ground beef, eggs, bread crumbs, mustard, soy sauce, seasoning and spices. (DAIRY FREE)

Corn Niblets: Corn, water, salt, margarine (GLUTEN, EGG, DAIRY FREE)

WEEK TWO

Monday:

Basil Parmesan Chicken: Chicken, basil, parmesan cheese, coconut milk, seasoning and spices (GLUTEN, EGG FREE)

Rice Pilaf: Rice, water, canola oil, white pepper, salt, margarine(GLUTEN,EGG,DAIRY FREE)

Tuesday:

All Beef Lasagna: Beef, Tomato sauce, pasta (egg), mozzarella cheese, ricotta cheese, parmesan cheese, seasoning and spices.

Cesar Salad Dressing; egg, canola oil, mustard, vinegar, parmesan cheese, salt, pepper, lemon juice (GLUTEN FREE)

Wednesday:

Basa Crunchy:: Basa fillet, water, toasted wheat crumbs, canola oil, whole grain wheat flour, corn starch, yellow corn flour, baking powder, sugar, salt, spice extractive, guar gum, may contain soy (DAIRY, EGG FREE)

Brown Rice: Brown Rice, water, canola oil, white pepper, salt, margarine (GLUTEN, EGG, DAIRY FREE)

Thursday:

Chicken Mini Fillet: chicken breast, rice starch, salt, maltodextrin, sodium phosphate, spices, hydrolysed soy protein, yeast extract, enriched wheat flour, water, corn starch, dextrose, palm oil, guar gum, xanthangum, sodium carbonate, soybean oil, seasoning and spices (EGG, DAIRY FREE)

Corn Niblets: Corn, water, salt, margarine (GLUTEN, EGG, DAIRY FREE)

Friday:

Cheese and spinach Tortellini: durum wheat nutrient, rice flour, niacin, folic acid, ,riboflavin, thiamin, :ricotta cheese, mozzarella cheese, Ricotta Cheese, parmesan cheese, spinach, tomato powder, eggs;,

Tomato Lentil sauce; crushed tomatoes, tomato paste, water, onions, carrots, celery; lentil, seasonings and spices;(GLUTEN, EGG, DAIRY FREE)

WEEK THREE

Monday:

Beef Meatballs: Beef, Water, Textured Soy Protein (Caramel), Toasted Wheat Crumbs, Seasoning (Salt, Sugar, Dehydrated Onion, Spices, Garlic Powder, Parsley Flakes, Autolyzed Yeast Extract, Vegetable Oil), Soy Protein Concentrate, Seasoning (Sodium Phosphates, Dextrose, Salt, Beef Stock, Spice Extracts).(EGG,DAIRY FREE)

Demi glace sauce (Gravy): water, veal bones, carrot, celery, onions, tomato paste seasonings and spices, flour.(EGG,DAIRY FREE)

Mashed potatoes: potatoes, margarine, milk, salt, pepper (GLUTEN, EGG FREE)

Tuesday:

Vegetable Pasta: Durum semolina, dehydrated spinach, tomato powder, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate ;(EGG, DAIRY FREE)

Ricotta Tomato sauce: crushed tomatoes, tomato paste, water, onion, carrot, celery, Ricotta Cheese: seasonings and spice (GLUTEN, EGG FREE)

Wednesday:

Teriyaki Chicken with Cabbage: Chicken, cabbage, teriyaki sauce, seasoning and spices (EGG, DAIRY FREE)

Rice Pilaf: Rice, water, canola oil, white pepper, salt, margarine(GLUTEN,EGG,DAIRY FREE)

Thursday:

Pollack Fish Cake:: Alaskan Pollack fillet, water, toasted wheat crumbs, canola oil, whole grain wheat flour, corn starch, yellow corn flour, baking powder ,sugar, salt, spice extractive, guar gum, may contain soy ; (DAIRY, EGG FREE)

Quinoa Pilaf: Quinoa, water, white pepper, salt, margarine, canola oil, may contain gluten (EGG, DAIRY FREE) (may contain gluten)

Friday:

Beef Kielbasa: Beef, water, potato starch, sugar, salt ,spices, corn syrupsolids, sodium phosphate, dextrose, sodium erythorbate, smoke flover, sodium nitrite(GLUTEN,EGG,DAIRY FREE)

Sweet Potato Tater Puffs: Sweet Potatoes, , Corn Starch, High Oleic Canola Oil, Modified Food Starch (Corn, Tapioca, Potato), Rice Flour, Salt, sugar, Dextrin, Natural Flavor, Color (Turmeric, Oleoresin Paprika), Dextrose, Xanthan Gum, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate) (GLUTEN, EGG, and DAIRY FREE)

Salad Dressing: Balsamic vinegar, canola and soy bean oil, mustard, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

WEEK FOUR

Monday:

Sweet Jerk Roasted Chicken Drums: chicken drum sticks, teriyaki sauce, sweet jerk spices, and seasoning and spices. (EGG, DAIRY FREE)

Saffron Rice: Rice, water, canola oil, margarine, saffron, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Tuesday:

Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate; (EGG, DAIRY FREE)

Beef Meatballs with Tomato sauce: Beef, Water, Textured Soy Protein (Caramel), Toasted Wheat Crumbs, Seasoning (Salt, Sugar, Dehydrated Onion, Spices, Garlic Powder, Parsley Flakes, Autolyzed Yeast Extract, Vegetable Oil), Soy Protein Concentrate, Seasoning (Sodium Phosphates, Dextrose, Salt, Beef Stock, Spice Extracts).Tomato sauce: crushed tomatoes, tomato paste, water, onion, carrot, celery, seasonings and spice(EGG,DAIRY FREE)

Wednesday:

Soup: chicken stock made from chicken bones, water, carrot, onion, celery, seasonings and spices; (GLUTEN, EGG, DAIRY FREE)

Noodles durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate; (EGG,DAIRY FREE)

Salami: beef, water, potato or tapioca starch, salt, glucose, dextrose, spices, sodium erythorbate, sodium nitrite :(GLUTEN, EGG, DAIRY FREE)

Chicken: chicken, water, cornstarch, glucose, sodium phosphate, soy protein concentrate, sodium dictate, salt, carrageen an, spices, hydrolyzed plant protein (corn and soy); may contain eggs; (GLUTEN, DAIRY FREE) Cheddar cheese: (GLUTEN,EGG FREE)

Thursday:

Cod Fish sticks:Cod or Alaskan fish , water, toasted wheat crumbs, canola oil, whole grain wheat flour, corn starch, yellow corn flour, baking powder, sugar, salt, spice extractive, guar gum, may contain soy ; (DAIRY, EGG FREE)

Potato, squash and Green Peas salad: Potatoes, squash, green peas, mayonnaise(canola oil, egg, mustard, vinegar, salt, pepper, lemon juice, seasoning and spices(GLUTEN ,DAIRY FREE)

Friday:

Vegetable Pasta: Durum semolina, dehydrated spinach, tomato powder, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate ;(EGG, DAIRY FREE)

Primavera Sauce Tomato sauce: crushed tomatoes, tomato paste, water, onion, carrot, celery, peas, corn, green beans, chickpea, seasonal vegetables, seasonings and spices(GLUTEN,EGG,DAIRY FREE)

*This menu has been reviewed and approved by a registered Dietician.