



WINTER/SPRING 2023

SNACK AND LUNCH MENU

WEEK 1

* AM Snacks and 2% milk 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 | Chicken Jambalaya Pepper and Cucumber Sticks Honey Oats Bread Fresh Fruit | WW / Vegetable Pasta Tomato Meat Sauce Parmesan Cheese Baby Carrots Whole Wheat Bun Fresh Fruit | Chicken Noodle Soup Chicken, salami and Cheese Submarine Cauliflower Floret and Celery Sticks Sausage Bun Fresh Fruit | Fish Sticks Quinoa Pilaf Ketchup Baby Corn Multigrain Bun Fresh Fruit | Beef Lasagna Caesar Salad Caesar Dressing Whole Wheat Bread Fresh Fruit |
| PM SNACK | Yogurt Whole Wheat Multigrain Crackers Fresh Fruit | No Nut Butter Whole Wheat English Muffin Fresh Fruit | Gold Fish Crackers Raisins | Apple Berry Sauce Whole Wheat Multigrain Crackers | Bran Banana Loaf Fresh Fruits |

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

2 % Milk for PS daily

2% Milk for JK and SK on school breaks when hot lunch provided

SNACK AND LUNCH MENU

WEEK 2



*** AM Snacks and 2% milk 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 | Meatballs with Gravy Mashed Potatoes Parmesan Cheese Cucumber and Pepper Sticks Multigrain Bun Fresh Fruit | Whole Wheat / Vegetable Pasta Tuscan Chicken Baby Carrots Whole Wheat Bread Fresh Fruit | Krunchie Haddock Basmati Rice, Ketchup Broccoli Floret and Celery Sticks Honey Oats Bread Fresh Fruit | Sloppy Joe Lettuce, Cheese, Sour Cream Whole Wheat Flour Tortillas Fresh Fruit | Chicken Breast Strips Saffron Rice BBQ Sauce Green Beans Whole Wheat Pita Fresh Fruit |
| PM SNACK | Yogurt Arrowroot Cookies Fresh Fruit | Zucchini Banana Loaf Fresh Fruit | Soft Cheese Whole Wheat Bagel Fresh Fruit | Carrot Muffin Fresh Fruit | No Nut Butter Raisin Bread Fresh Fruit |

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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

2 % Milk for PS

2% Milk for JK and SK on school breaks when hot lunch provided



SNACK AND LUNCH MENU

WEEK 3

* AM Snacks and 2% milk 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 * | 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 | Mac & Cheese Sauce Cucumber and Carrot Sticks Whole wheat Italian Bread Fresh Fruit | Lemon Pepper Cod Basmati Rice Ketchup Baby Corn Whole Wheat Bun Fresh Fruit | Shell Pasta Chicken in Ricotta Tomato Sauce Parmesan Cheese Whole Wheat Bread Cauliflower Floret and Celery Sticks Fresh Fruit | Beef Hotdog Roast Potatoes Green Beans Ketchup Hotdog Bun Fresh Fruit | Roast Chicken Drums Yellow Rice Baby Carrots Whole Wheat Pita Fresh Fruit |
| PM SNACK | Apple Berry Sauce Rice Cakes | Yogurt Whole Wheat Multigrain Crackers Fresh Fruit | Goldfish Crackers Raisins | Apple Berry Loaf Fresh Fruit | Sliced Cheddar Whole Wheat Multigrain Crackers Fresh Fruit |

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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

2 % Milk for PS

2% Milk for JK and SK on school breaks when hot lunch provided



SNACK AND LUNCH MENU

WEEK 4

*** AM Snacks and 2% milk 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 | Whole Wheat / Vegetable Pasta Meatballs in Tomato Sauce Parmesan Cheese Pepper and Cucumber Sticks Whole Wheat Bread Fresh Fruit | Beef Hamburger Corn Niblets, Ketchup Sliced Cheddar Hamburger Bun Fresh Fruit | Chicken Breast Strips Quinoa Pilaf Asparagus Honey Mustard Sauce Multigrain Bun Fresh Fruit | Crispy Breaded Pollock Egg Free Pasta Salad Coleslaw & Dressing Whole Wheat Pita Fresh Fruit | Roast Diced Chicken Rice Pilaf Baby Carrots Whole Wheat Bread Fresh Fruit |
| PM SNACK | Morning Glory Loaf Fresh Fruit | Yogurt Whole Wheat Multigrain Crackers Fresh Fruit | Pumpkin Banana Raisin Loaf Fresh Fruit | Oatmeal Raisin Cookies Fresh Fruit | Nachos Cheese Salsa |

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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

2 % Milk for PS

2% Milk for JK and SK on school breaks when hot lunch provided

2023 WINTER- SPRING INGREDIENT LIST FOR HOT LUNCH ENTREES – February 13, 2023

WEEK ONE

Monday:

Chicken Jambalaya: chicken, Rice, canola/sunflower oil, margarine (soy), water, carrots, corn, soy sauce, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Tuesday:

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

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

Tomato Meat Sauce: ground beef, tomatoes, onion, garlic, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Wednesday:

Chicken Noodle Soup: chicken stock made from chicken bones, water, carrot, onion, celery, canola/sunflower oil, chicken, durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, seasonings and spices; (EGG, DAIRY FREE)

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

Chicken: chicken breast, Water, Sugars (glucose solids), Salt, Vinegar, Flavour, Modified corn starch, Sodium phosphate, Sodium erythorbate, Carrageenan, Torula yeast, Onion powder, Spices. (May contain eggs, milk) (GLUTEN FREE)

Cheddar cheese: (GLUTEN, EGG FREE)

Thursday:

Fish sticks: (haddock/Pollock/cod), water, toasted wheat crumbs, modified starch (corn), flour (corn, wheat, soy), sugar, baking powder, vegetable oil (modified palm), sodium phosphate, guar gum, spices, canola oil. (DAIRY, EGG FREE)

Quinoa Pilaf: Quinoa, water, salt, margarine (soy), canola/sunflower oil, may contain gluten (EGG, DAIRY FREE)

Friday:

Beef Lasagna: Beef, tomato sauce, water, 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)

WEEK TWO

Monday:

Meatballs with Gravy: 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 paste, flour, sunflower oil, seasoning and spices (EGG, DAIRY FREE)

Mashed potatoes: potatoes, margarine (soy/sunflower oil), milk, salt, pepper (GLUTEN, EGG FREE)

Tuesday:

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

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

Tuscan Chicken: Chicken, canola/sunflower oil, white kidney beans, tomatoes, onion, garlic, roast red pepper, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Wednesday:

Krunchie Haddock: Haddock fillets, Water, Toasted wheat crumbs, Flour (wheat, corn, soy), Vegetable oil (canola, soya), Modified corn starch, Corn starch, Sugar, Salt, Seasonings (onion, yeast extract, spices, garlic, soy sauce powder), Baking powder, Sodium phosphate (to retain moisture), Guar flour, Paprika, Caramel (colour). Contains: Haddock (fish), Wheat, Soy. (EGG, DAIRY FREE)

Basmati Rice: Rice, salt, margarine (soy), water, canola/sunflower oil (GLUTEN, EGG, DAIRY FREE)

Thursday:

Sloppy Joes: Ground beef, diced tomatoes, chili sauce, onion, celery, carrots, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Friday:

Chicken breast Strip: chicken breast, water, salt, garlic powder, onion powder, spice. In a batter and breading of water, toasted wheat crumbs, corn flour, wheat flour, modified corn starch, salt, dextrose, baking powder, vegetable oil. (EGG, DAIRY FREE)

OR

Chicken breast, Enriched wheat flour, Water, Modified tapioca starch, Corn starch, Palm oil, Wheat starch, Salt, Autolyzed yeast extract, Spices and spice extracts, Sunflower oil, Rice flour, Leavening (sodium acid pyrophosphate, sodium carbonate, sodium bicarbonate), Sugars (sugar, dextrose), Garlic and onion powder, Citric acid, Natural flavour (EGG, DAIRY FREE)

OR

Chicken breast, rice starch, salt, maltodextrin, sodium phosphate, spices and spices extracts, (garlic, pepper), hydrolyzed soy protein, yeast extract, flavour, in coating of wheat flour, water, corn starch, modified tapioca starch, salt, maltodextrin, dextrose, yeast extract, palm oil, flavour, hydrolyzed soy protein, guar gum, xanthan gum, sodium carbonate, soy bean oil (contain gluten, soy, Mustard) (EGG, DAIRY FREE)

Saffron Rice: Rice, water, salt, saffron, Turmeric, margarine (soy), canola/sunflower oil (GLUTEN, EGG, DAIRY FREE)
BBQ sauce: (GLUTEN, EGG, DAIRY FREE)

WEEK THREE

Monday:

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

Cheese Sauce: milk, cream, cheddar cheese, ricotta cheese, flour, seasoning and spices (EGG FREE)

Tuesday:

Lemon Pepper Cod: Cod, flour (wheat, corn, soy), water, modified starch (corn), salt, sugar, seasonings (spices, onion), flavour (lemon, butter [milk]), vegetable oil (canola, soya), sodium phosphate, baking powder, Autolyzed yeast extract, colour (caramel, paprika, annatto, and turmeric), yeast, citric acid, guar gum, lecithin (soy), canola oil. (EGG FREE)

Basmati Rice: Rice, salt, margarine (soy), water, canola/sunflower oil (GLUTEN, EGG, DAIRY FREE)

Wednesday:

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

Chicken in Ricotta Tomato sauce: chicken, tomatoes, onion, garlic, ricotta cheese, seasoning and spices (GLUTEN, EGG FREE)

Thursday:

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

Roast Potatoes: Potatoes, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

FRIDAY:

Roast Chicken Drums: chicken drums, canola/sunflower oil, lemon juice, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Yellow Rice: Rice, water, salt, margarine (soy), canola/sunflower oil, turmeric (GLUTEN, EGG, DAIRY FREE)

WEEK FOUR

Monday:

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

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

Meatballs in 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) Tomatoes, onions, garlic, seasoning and spices (EGG, DAIRY FREE)

Tuesday:

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

Corn Niblets: Corn, water, salt, margarine (soy/sunflower oil) (GLUTEN, EGG, DAIRY FREE)

Wednesday:

Chicken breast Strip: chicken breast, water, salt, garlic powder, onion powder, spice. In a batter and breading of water, toasted wheat crumbs, corn flour, wheat flour, modified corn starch, salt, dextrose, baking powder, vegetable oil. (EGG, DAIRY FREE)

OR

Chicken breast, Enriched wheat flour, Water, Modified tapioca starch, Corn starch, Palm oil, Wheat starch, Salt, Autolyzed yeast extract, Spices and spice extracts, Sunflower oil, Rice flour, Leavening (sodium acid pyrophosphate, sodium carbonate, sodium bicarbonate), Sugars (sugar, dextrose), Garlic and onion powder, Citric acid, Natural flavour (EGG, DAIRY FREE)

OR

Chicken breast, rice starch, salt, maltodextrin, sodium phosphate, spices and spices extracts, (garlic, pepper), hydrolyzed soy protein, yeast extract, flavour, in coating of wheat flour, water, corn starch, modified tapioca starch, salt, maltodextrin, dextrose, yeast extract, palm oil, flavour, hydrolyzed soy protein, guar gum, xanthan gum, sodium carbonate, soy bean oil (contain gluten, soy, Mustard) (EGG, DAIRY FREE)

Quinoa Pilaf: Quinoa, water, salt, margarine (soy), canola/sunflower oil, may contain gluten (EGG, DAIRY FREE)

* Thursday:

Crispy Breaded pollack (contain fish, wheat , seasoning and spices(may contain soy) (EGG, DAIRY FREE)

Egg free Pasta Salad (contain wheat, mustard, canola oil, soy bean oil, peas, corn, carrots, seasoning and spices) (EGG, DAIRY FREE)

Coleslaw and dressing: (Dressing): Balsamic vinegar, canola and soy bean oil, water, grape juice concentrate, caramel, natural flavour, sugar, salt, spices, mustard, dehydrated garlic, xanthan gum, potassium Sorbate (GLUTEN, EGG, DAIRY FREE)

Friday:

Roast Diced Chicken: chicken, canola/sunflower oil, lemon juice, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Rice Pilaf: Rice, water, salt, margarine (soy), canola/sunflower oil, lentil (GLUTEN, EGG, DAIRY FREE)

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