



# SUMMER/FALL 2020-2021 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
<b>AM SNACK *</b>	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
<b>LUNCH</b>	Roast Chicken Drums Rice Pilaf Pepper and Cucumber Stick Double Flax Seeds Bread Fresh Fruit 2% Milk	Whole Wheat Pasta Meat sauce Parmesan Cheese Baby Carrots Whole Wheat Bun Fresh Fruit 2% Milk	Chicken Noodle Soup Chicken, Salami and Cheese Submarine Cauliflower Floret and Celery Sticks Whole Wheat Bun, Mustard Fresh Fruit 2% Milk	Cod Fish Sticks Quinoa Pilaf, Ketchup, Broccoli Floret and Pepper Sticks Whole Wheat Pita Fresh Fruit 2% Milk	Meatballs With Gravy Mashed Potatoes Green Beans Whole Wheat Bread Fresh Fruit 2% Milk
<b>PM SNACK</b>	Blueberry Loaf Fresh Fruit 2% Milk	Yogurt Bran Cookies Fresh Fruit 2% Milk	Multigrain Cereal Raisins 2% Milk	Sliced Cheddar Whole Wheat Multigrain Crackers Fresh Fruit 2% Milk	*Tuna Salad Whole Wheat Bagel Fresh Fruit 2% Milk <b>*Room 107A – Cream Cheese</b>
<b>5:30 SNACK</b>	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](http://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.**

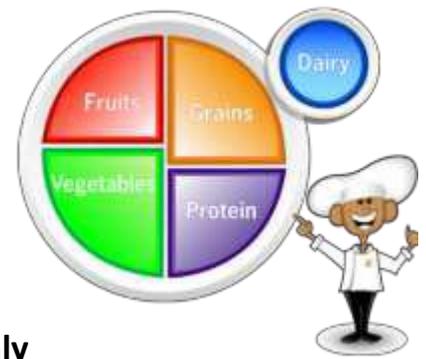
**Vegetarian alternative available daily**

**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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK *</b>	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
<b>LUNCH</b>	Chicken Souvlaki Rice Pilaf Lemon Garlic Dip Cucumber and Carrot Sticks Rye Bread Fresh Fruit 2% Milk	All Beef Lasagna Caesar Salad Dressing Whole Wheat Bread Fresh Fruit 2% Milk	**Alaskan Pollack Rice Pilaf, Ketchup Asparagus Whole Wheat Pita Fresh Fruit 2% Milk	Beef Kielbasa Meditation Chickpea Salad Feta Cheese, Dressing Whole wheat Buns Fresh Fruit 2% Milk	Vegetable Pasta Ricotta Tomato Sauce Parmesan Cheese Cauliflower Floret and Celery stick Whole Wheat Italian Bread Fresh Fruit 2% Milk
<b>PM SNACK</b>	Apple Sauce Rice Cakes 2% Milk	Morning Glory Muffins Fresh Fruit 2% Milk	No Nut Butter * Banana Roll Up 2% Milk <b>* Room 207 - Pears</b>	Corn Chips Cheese Salsa 2% Milk	Yogurt Granola Bars Fresh Fruit 2% Milk
<b>5:30 SNACK</b>	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk

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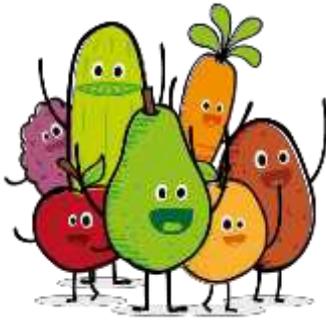
**Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe and honeydew melons.**

**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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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK *</b>	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
<b>LUNCH</b>	Curry Chicken Rice Pilaf Baby Corn Whole Wheat Bread Fresh Fruit 2% Milk	Beef Tacos Lettuce, Cheese Sour Cream Taco Shells Fresh Fruit 2% Milk	Pollack Fish Cake Quinoa Pilaf Ketchup Cauliflower Floret and Pepper stick Whole Wheat Italian Bread Fresh Fruit 2% Milk	Cheese Tortellini Tomato Lentil Sauce Parmesan Cheese Broccoli Floret and Cucumber Sticks Whole Wheat Bun Fresh Fruit 2% Milk	All Beef Hamburger Corn Niblets Sliced Cheddar Ketchup Whole Wheat Burger Bun Fresh Fruit 2% Milk
<b>PM SNACK</b>	* Banana Cake Fresh Fruit 2% Milk * Room 207–	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	Spinach Onion Dip Whole Wheat Multigrain Crackers Fresh Fruit 2% Milk	Whole Wheat Goldfish Raisins 2% Milk
<b>5:30 SNACK</b>	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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK *</b>	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
<b>LUNCH</b>	Whole Wheat pasta Turkey Meatballs with Tomato Sauce Parmesan Cheese Pepper and Cucumber Sticks Rye Bread Fresh Fruit 2% Milk	Moroccan Chicken Drums Rice Pilaf Baby Carrots Whole Wheat Pita Fresh Fruit 2% Milk	Haddock Bites Hash brown Sticks Broccoli floret and Celery Sticks ketchup Whole Wheat Bread Fresh Fruit 2% Milk	Chicken Breast Sandwich Greek Salad, Dressing, Feta Cheese, Honey Mustard Sauce Whole Wheat Burger Bun Fresh Fruit 2% Milk	Beef and Vegetables Braised Stew Mashed Red potatoes Green Beans Whole Wheat Bun Fresh Fruit 2% Milk
<b>PM SNACK</b>	Nachos Cheese Salsa 2% Milk	Raspberry Squares Fresh Fruit 2% Milk	Ricotta Cream Cheese Whole Wheat Bagel Fresh Fruit 2% Milk	Bran Muffin Fresh Fruit 2% Milk	Chickpea Dip Whole Wheat Multigrain Crackers Fruit 2% Milk
<b>5:30 SNACK</b>	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**

**2020 SUMMER-FALL INGREDIENT LIST FOR HOT LUNCH ENTREES**  
**July 21, 2020**

**WEEK ONE**

Monday:

Roast Chicken Drums: chicken, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

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

Tuesday:

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

Meat sauce::Ground beef, crushed tomatoes, tomato paste, water, onion, carrot, celery, seasonings and spices( GLUTEN,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/ 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)

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

Friday:

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)

**WEEK TWO**

Monday:

Chicken Souvalaki: Chicken, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

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

Lemon Garlic Dip: yogurt, sour cream, lemon juice, seasoning and spices (GLUTEN, EGG FREE)

Tuesday:

All Beef Lasagna: GroundBeef, 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:

\*\* 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)

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

Thursday:

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

Meditation Chickpea Salad: chickpea, may contain green and red peppers, onions, seasoning and spices GLUTEN, EGG, DAIRY FREE)

Friday:

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, and celery, Ricotta Cheese: seasonings and spice (GLUTEN, EGG FREE)

### **WEEK THREE**

Monday:

Curry Chicken: Chicken, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

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

Tuesday:

Beef Tacos: Ground beef, diced tomatoes, onion, celery, carrots, seasoning and spices ( GLUTEN, EGG, DAIRY FREE)

Wednesday:

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)

Thursday:

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)

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 FOUR**

Monday:

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

Turkey meatballs: Turkey, water, rice flour, romano cheese, salt, black pepper, garlic, parsley flakes, rosemary extract, dehydrated chopped onion; Tomato sauce: ( GLUTEN, EGG, FREE) crushed tomatoes, tomato paste, water, onion, carrot, celery, seasonings and spice:

Tuesday:

Moroccan Chicken Drums: chicken drums, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

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

Wednesday:

Haddock Bites: Haddock fillet, water, vegetable oil, (canola/soy/sunflower/palm oil) toast wheat crumbs, flour (wheat, corn) modified corn starch, wheat starch, sugars {maltodextrin (corn, potato) corn dextrin, dextrose} salt, soy protein, baking powder, butter flavour, sodium phosphate, modified cellulose, seasoning (yeast extract, spices) guar flour, annatto, turmeric (EGG, DAIRY FREE)

Hash brown Sticks: Potatoes, vegetable, canola and soya oil, yellow corn flower, salt, onion, dextrose, sodium pyrophosphate ( GLUTEN, EGG, DAIRY FREE)

Thursday:

Chicken breast Sandwich: 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)

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

Friday:

Beef and Vegetables Braised Stew: beef, carrot, celery, onion, peppers, mushroom, green peas, flour, water, tomatoes, seasoning and spices (EGG, DAIRY FREE)

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

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