



FALL/WINTER 2018-2019

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 | Beef Meatballs with Homemade Gravy Mashed Potatoes Pepper & Carrot Sticks Rye Bread Fresh Fruit 2% Milk | Honey Garlic Chicken Rice Pilaf Broccoli Florets & Tomato Wedges Whole Wheat Pita Fresh Fruit 2% Milk | Whole Wheat Shell Pasta Tomato Sauce with Chickpea and Spinach Green Beans & Cauliflower Florets Whole Wheat Italian Bread Fresh Fruit 2% Milk | Beef Hamburger Caesar Salad with Peppers, Dressing, Croutons Sliced Cheddar Ketchup Whole Wheat Burger Bun Fresh Fruit 2% Milk | Haddock Bites Corn Nibbles Honey Mustard Sauce Sixteen Grain Bread Fresh Fruit 2% Milk |
| PM SNACK | Nachos Cheese Salsa 2% Milk | Yogurt Granola Bars Fresh Fruit 2% Milk | Baby Carrots Caesar Dip Premium Crackers Fresh Fruit 2% Milk | Dates Muffin Fresh Fruit 2% Milk | Beef Salami Cheese Whole Wheat Bun 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 |

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

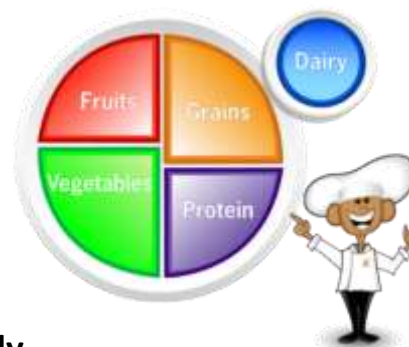
Water available at every meal

SNACK AND LUNCH MENU

WEEK 2

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

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| | 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 | Beef and Vegetable Stir Fry Vegetable Rotini Whole Wheat Bun Fresh Fruit 2% Milk | Curry Chicken Fried Rice Baby Carrots Whole Wheat Pita Fresh Fruit 2% Milk | Basa Crunchy * Green Peas Ketchup Multigrain Bread Fresh Fruit 2% Milk | Homemade Chicken and Rice Soup Turkey and Cheese Submarine Broccoli Florets & Celery Sticks Sausage Bun Mustard Fresh Fruit 2% Milk | Beef Tacos Lettuce, Cheese, Sour Cream Tortilla Chips Fresh Fruit 2% Milk |
| PM SNACK | Pumpkin Loaf Fresh Fruit 2% Milk | Honeyed Sour Cream Banana Rollup 2% Milk | Apple Sauce Rice Cakes 2% Milk | Chocolate Bran Muffin Fresh Fruit 2% Milk | Cucumber Tzatziki Dip Whole Wheat Pita 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.

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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 | Whole Wheat Penne Chicken and Mushrooms in Tomato Alfred Sauce Parmesan Cheese Cauliflower Florets & Cucumber Sticks Ancient Grain Bread Fresh Fruit 2% Milk | Orange Beef with Broccoli Rice Pilaf Whole Wheat Bun Fresh Fruit 2% Milk | Alaskan Pollack Almost Greek Salad Feta Cheese, Dressing Ketchup Whole Wheat Greek Pita Fresh Fruit 2% Milk | Whole Wheat Spaghetti Meatballs in Tomato Sauce Parmesan Cheese Cucumber & Carrot Sticks Double Flax Bread Fresh Fruit 2% Milk | Turkey Sausage Chickpea & Mango Salad Ketchup Whole Wheat Hotdog Bun Fresh Fruit 2% Milk |
| PM SNACK | No Nut Butter English Muffin Fresh Fruit 2% Milk | Yogurt Bran Cookies Fresh Fruit 2% Milk | Tuna Salad Whole Wheat Bagel Fresh Fruit 2% Milk | Spinach Feta Yogurt Dip Corn Chips Fresh Fruit 2% Milk | Sliced Cheddar Bread Sticks Apple Sauce 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 | Whole Wheat Scooby Doo Pasta Tomato Sauce with Chicken & Peas Parmesan Cheese Cucumber & Pepper Sticks Double Flax Bread Fresh Fruit 2% Milk | Ground Beef with Homemade Gravy Mashed Potatoes Tomato Wedges & Carrot Sticks Whole Wheat Bun Fresh Fruit 2% Milk | Cod Nuggets Lemon Rice Ketchup Green Beans & Carrot Sticks Whole Wheat Pita Bread Fresh Fruit 2% Milk | Chicken Rollup Lettuce, Cheese, Sour Cream Whole Wheat Flour Tortillas Fresh Fruit 2% Milk | Fish Sticks Quinoa Pilaf Ketchup Cauliflower Florets & Celery Sticks Multigrain Bread Fresh Fruit 2% Milk |
| PM SNACK | Organic Carrot Cake Fresh Fruit 2% Milk | Trail Mix with Seeds Fresh Fruit 2% Milk | No Nut Butter Rice Cakes Fresh Fruit 2% Milk | Whole Wheat Gold Fish Raisins Fresh Fruit 2% Milk | Avocado Sour Cream Dip Triscuit Wheat Crackers 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

2018 FALL-WINTER INGREDIENT LIST FOR HOT LUNCH ENTREES –

Update * October 18

WEEK ONE

Monday:

Beef Meatballs: beef, water, seasonings, spices, soy protein concentrate,(may contain sesame seeds)

Demi glaze sauce (Gravy): water, veal bones, carrot, celery, onions, tomato paste seasonings and spices, flour,

Mashed potatoes;potatoes,margarine,milk,salt,pepper

Tuesday:

Honey garlic chicken: chicken,honey,garlic,corn starch and seasoning and spices

Wednesday:

Pasta: durum semolina, dehydrated spinach, tomato powder, niacin, folic acid, ferrous sulphate(iron), riboflavin, thiamine mononitrate;

Tomato Sauce: crushed tomatoes, tomato paste, water, onion, carrot, celery, mixed vegetables,seasonings and spice;chickpea,spinach

Thursday:

Beef hamburger:Ground beef, eggs,. Bread crumbs, textured soy protein,onions, mustard, soy sauce, onions,salt, pepper,garlic,thyme

Cesar salad dressing; egg,canola oil,mustard,parmesan cheese,lemon juice,red vinegar,salt,pepper

Friday:

Haddock bites :water, vegetable oil (canola/soya/sunflower, modified palm), toasted 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 (to retain moisture), modified cellulose, seasonings (yeast extract, spices) guar flour, annatto, turmeric

WEEK TWO

Monday:

Beef and vegetable stir fry: beef,Teriyaki Sauce: glucose, water, soy sauce, wheat, modified corn starch, molasses, lemon juice, garlic;Vegetables;may include;carrots,peas,beans,corn,pepper, cauliflower,broccoli and seasonings and spices

Tuesday:

Curry chicken: chicken,chicken stock,coconut milk and seasoning and spices

Wednesday:

* Basa fish fillets : water, wheat crumbs, cornstarch, flour, baking powder, sodium phosphate, sugar, salt, guar gum, maltodextrin, soy sauce powder, colour (caramel and paprika)

Thursday:

Soup: chicken stock made from chicken bones, water, carrot ,onion, celery, seasonings and spices; wild rice; cheddar cheese : Roast Turkey:turkey,water,potassium lactate, potato starch, salt,dextrose,sodium phosphate,carrageenan,sodium diacetate, seasonings and spices

Friday:

Ground Beef; carrot, celery, onions, textured soy protein, tomatoes , seasonings and spices

WEEK THREE

Monday:

Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate; Tomato alfredo sauce: crushed tomatoes, tomato paste, water, onion, carrot, celery, chicken, mushrooms, cream, seasonings and spices

Tuesday:

Orange beef: beef, beef stock, , seasonings and spices, lemon and orange juice; broccoli florets

Wednesday:

POLLOCK FISH FILLETS, WATER, TOASTED WHEAT CRUMBS (SOY), MODIFIED STARCH (CORN), SEASONINGS (ONION, GARLIC, SPICES), FLOUR (CORN), SALT, SODIUM PHOSPHATE, SUGAR, GUAR GUM, COLOUR (CARAMEL, PAPRIKA), VEGETABLE OIL (CANOLA/SUNFLOWER SEED). BROWNED IN CANOLA OIL.

Thursday:

Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate; Tomato sauce: crushed tomatoes, tomato paste, water, onion, carrot, celery, :seasonings and spice; Beef Meatballs: beef, water, seasonings, spices, soy protein concentrate, may contain sesame seeds

Friday:

Turkey sausage: turkey, seasoning (dextrose salt, spices, potassium chloride, sugar, onion, ground celery, silicon dioxide)

WEEK FOUR

Monday:

Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate; Tomato sauce: crushed tomatoes, tomato paste, water, onion, carrot, celery, :seasonings and spice; chicken, green peas

Tuesday:

Ground beef; Demi glace sauce (Gravy): water, veal bones, carrot, celery, onions, tomato paste seasonings and spices, flour

Wednesday:

Cod Nuggets : (gluten free) cod fish fillet, rice flour, corn, soy, garlic, onion, modified corn starch, vegetable oil, (sunflower, soya), , baking powder, sodium phosphate, sugar, salt, guar gum, maltodextrin, tocopherols, soy sauce powder, colour (caramel and paprika)

Thursday:

Chicken and seasonings and spice;

Friday:

Fish Sticks: Pollack, water, toasted wheat crumbs, corn starch, flour, modified corn starch, seasonings, baking powder, sodium phosphate, soy sauce powder, guar gum, malt dextrin, colour (caramel, paprika)

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