



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	Vegetable Shell Pasta * Tomato Sauce with Chickpea and Spinach Parmesan Cheese Green Beans & Cauliflower Florets Whole Wheat Italian Bread Fresh Fruit 2% Milk	Beef Hamburger Corn Nibbles * Sliced Cheddar Ketchup Whole Wheat Burger Bun Fresh Fruit 2% Milk	Haddock Bites Caesar Salad, * Dressing, Croutons 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 Wheat Crackers 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

As of November 6, 2018

* Revision November 6 – Week 1 Wednesday, Thursday, Friday, Week 2 Thursday, Week 3 Tuesday & Friday, Week 4

* Revision November 1 – Week 4 Snacks

* Revision October 18 – Week 2 Wednesday

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	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 Salami, Chicken & Cheese Submarine* Broccoli Florets & Celery Sticks Whole Wheat Bun Mustard Fresh Fruit 2% Milk	Beef Tacos Lettuce, Cheese, Sour Cream Taco Shells 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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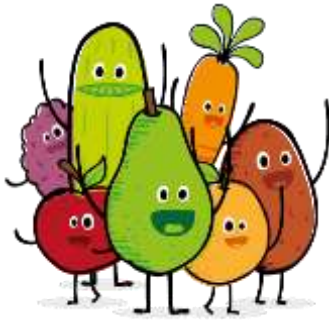
Water available at every meal

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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	Meat Loaf * Mashed Potatoes Broccoli Florets & Tomato Wedges Whole Wheat Bun Fresh Fruit 2% Milk	Alaskan Pollack Almost Greek Salad Hash Browns 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	Roast Turkey with Gravy * Rice Pilaf Green Beans & Cucumber Sticks Whole Wheat Bun Fresh Fruit 2% Milk
PM SNACK	No Nut Butter English Muffin Fresh Fruit 2% Milk	Yogurt Bran Cookies Fresh Fruit 2% Milk	Sliced Cheddar Bread Sticks Apple Sauce 2% Milk	Spinach Feta Yogurt Dip Corn Chips Fresh Fruit 2% Milk	Tuna Salad Whole Wheat Bagel 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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Vegetarian alternative available daily

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Water available at every meal

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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 Meat Sauce * Parmesan Cheese Carrot & Pepper Sticks Double Flax Bread Fresh Fruit 2% Milk	Cod Nuggets * Brown Rice Ketchup Broccoli Florets & Cucumber Sticks Whole Wheat Bun Fresh Fruit 2% Milk	Chicken Rollup Rice Lettuce, Cheese, Sour Cream Whole Wheat Flour Tortillas Fresh Fruit 2% Milk	Turkey Sausage * Ketchup Chickpea & Mango Salad Whole Wheat Hotdog Bun Fresh Fruit 2% Milk	Fish Sticks Quinoa Pilaf Honey Mustard Sauce Cauliflower Florets & Celery Sticks Multigrain Bread Fresh Fruit 2% Milk
PM SNACK	Organic Carrot Cake Fresh Fruit 2% Milk	Whole Wheat * Gold Fish Raisins Fresh Fruit 2% Milk	No Nut Butter Rice Cakes Fresh Fruit 2% Milk	Blueberry Muffin * 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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2018/2019 FALL-WINTER INGREDIENT LIST FOR HOT LUNCH ENTREES – January 9, 2019

WEEK ONE

Monday:

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

Demi glace 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

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

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

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; Rice;

Salami: beef, water, potato or tapioca starch, salt, glucose, dextrose, spices, sodium erythorbate,

sodium nitrite Chicken: chicken, water, cornstarch, glucose, sodium phosphate, soy protein

concentrate, sodium diacetate, salt, carrageenan, spices, hydrolized plant protein (corn and soy); may contain eggs; cheddar cheese:

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:

Meat loaf: Ground beef, eggs, Bread crumbs, textured soy protein, onions, mustard, soy sauce, onions, salt, pepper, garlic, thyme, bbq sauce

Mashed potatoes: potatoes, margarine, milk, salt, pepper

Wednesday:

Alaskan Pollack: water, toasted wheat crumbs, corn starch, flour, soy, vegetable oil, canola, soya, sunflower oil, baking powder, sodium phosphate, guar gum, maltodextrin, colour (caramel, paprika), milk ingredients, seasoning and spices.

Hash Browns: Potatoes, Vegetable, canola & soy oil, yellow corn flour, salt, onion, dextrose, sodium pyrophosphate

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:

Roast Turkey: turkey, water, potassium lactate, potato starch, salt, dextrose, sodium phosphate, carrageenan, sodium diacetate, seasonings and spices

Gravy: veal bones, carrots, celery, onions, tomato paste, flour and seasoning and spices

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; ground beef

Tuesday:

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)

Wednesday:

Chicken, seasoning and spices

Thursday:

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

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.