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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning snack** | Whole Wheat toast and Fruit | Whole Wheat Cheerios and Fruit | Whole Wheat toast and Fruit | Whole Wheat Shreddies and Fruit | Whole Wheat toast and Fruit |
| **Regular Lunch** | Home Made Shepherd’s Pie, (Lean Ground Beef, Corn and Potato) Raw Carrot and Cucumber Sticks | Whole Wheat Mac and Cheese with Chicken  Peas and Carrots | Home Made Chicken Noodle and vegetable Soup with Crackers, Turkey, and or Cheese Sandwiches on Submarine buns + Cold Cauliflower and Broccoli Sticks | Home Made Beef Stew with Carrots , Potatoes and Corn Served on Brown Rice Cooked Green Beans | Pancakes and Beef Sausage Syrup and butter Raw Carrot and Cucumber Sticks |
| **Side** | Whole Wheat Bread with Butter & Fruit  ( ) | Whole Wheat Bread with Butter & Fruit  ( ) | Fruit  ( ) | Whole Wheat Bread with Butter & Fruit  ( ) | Fruit  ( ) |
| **Beverage** | 2% milk | 2% milk | 2% milk | 2% milk | 2% milk |
| **Modification for Toddler** | Blanched Carrot  3% Milk | None  3% Milk | Turkey, and or Cheese  Cut in Small pieces  3% Milk | Stew cut in small pieces    3% Milk | Beef Sausage cut in small pieces  3% Milk |
| **Vegetarian/**  **Hallal** | Shepherd’s Pie, (Seasoned Lentils, Corn and Potato) | Whole Wheat Mac and Cheese with ground Tofu | Vegetable soup with Beans and  Cheese Sandwich | Vegetarian chilli | Tofu fried in Butter instead off Sausage |
| **Afternoon snack** | Cheese and Apples | Home Made Humus and Veggie Sticks | High Fiber Muffins Fresh Fruit | Home Made Tortilla Chips and Low fat Cheese | Whole Wheat bread with Pea Butter and Fruit |
| PM Snack | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |

\*\*\* WATER IS AVAILABLE AT ALL TIMES \*\*\*ADDITIONAL FOOD AVAILABLE AT ALL TIMES