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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 RiceCooked Green Beans | Pancakes and Beef SausageSyrup and butterRaw 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 Carrot3% Milk | None3% Milk | Turkey, and or Cheese Cut in Small pieces3% Milk  | Stew cut in small pieces 3% Milk | Beef Sausage cut in small pieces3% Milk |
| **Vegetarian/****Hallal** | Shepherd’s Pie, (Seasoned Lentils, Corn and Potato) | Whole Wheat Mac and Cheese with ground Tofu  | Vegetable soup with Beans andCheese 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