



SPRING/SUMMER 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 & Cucumber Sticks Whole Wheat Italian Bread Fresh Fruit 2% Milk	Chicken Souvlaki Rice Pilaf Baby Corn, Tzatziki Dip Whole Wheat Pita Fresh Fruit 2% Milk	Fish Sticks Quinoa Pilaf, Ketchup Cauliflower Floret & Celery Sticks Whole Wheat Bread Fresh Fruit 2% Milk	Vegetable Pasta Chickpea & Mushrooms in Tomato Coconut Sauce Parmesan Cheese Green Beans & Carrot Sticks Whole Wheat Bun Fresh Fruit 2% Milk	Chicken Club Submarine Sliced Chicken & Cheese Mustard Oven Roast Potatoes Caesar Salad with Fennel & Peppers Dressing Whole Wheat Bun Fresh Fruit 2% Milk
PM SNACK	Yogurt Bran Cookies Fresh Fruit 2% Milk	Apple Berry Muffins Fresh Fruit 2% Milk	Sliced Cheddar Wheat Crackers Fresh Fruit 2% Milk	Tuna Salad Whole Wheat Bagel Fresh Fruit 2% Milk	Whole Wheat Shreddies Raisins 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**

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	Whole Wheat Penne Meatballs in Tomato Sauce Parmesan Cheese Pepper & Cucumber Sticks Whole Wheat Bread Fresh Fruit 2% Milk	Roast Chicken Thigh Brown Rice Baby Carrots Dark Rye Bread Fresh Fruit 2% Milk	Alaskan Fish Cake * Green Peas & Potato Salad Ketchup Whole Wheat Pita Fresh Fruit 2% Milk	Homemade Chicken Noodle Soup Salami, Chicken & Cheese Submarine Asparagus & Pepper Sticks Whole Wheat Bun Mustard Fresh Fruit 2% Milk	Beef & Lentil Hamburger Corn Niblets Sliced Cheddar Ketchup Whole Wheat Hamburger Buns Fresh Fruit 2% Milk
PM SNACK	Banana Cocoa Cake Fresh Fruit 2% Milk	Apple Sauce Rice Cakes Fresh Fruit 2% Milk	No Nut Butter Banana Roll Up 2% Milk	Corn & Beans Salsa Whole Wheat Crackers Fresh Fruit 2% Milk	Yogurt Oatmeal Cookies 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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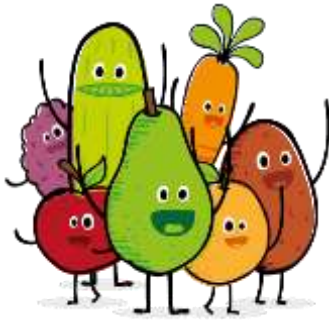
Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe and honeydew melons.

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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	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	Vegetable Pasta Ricotta Tomato Sauce with Tofu Parmesan Cheese Double Flax Bread Broccoli Florets & Carrot Sticks Fresh Fruit 2% Milk	Meat Loaf Coleslaw, Dressing BBQ Sauce Whole Wheat Burger Buns Fresh Fruit 2% Milk	Turkey Meatball Submarine Hash Brown Baby Carrots Mozzarella Cheese Whole Wheat Buns Fresh Fruit 2% Milk	Chicken Tacos Lettuce, Cheese, Sour Cream, Tomatoes Corn Tortillas Fresh Fruit 2% Milk	Haddock Crunchy Spanish Rice Ketchup Cauliflower Florets & Cucumber Sticks Whole Wheat Pita Fresh Fruit 2% Milk
PM SNACK	Chocolate & Zucchini Cake Fresh Fruit 2% Milk	No Nut Butter Rice Cakes Fresh Fruit 2% Milk	Egg Salad Whole Wheat Mini Pita Fresh Fruit 2% Milk	Whole Wheat Gold Fish Raisins 2% Milk	Unsweetened Yogurt Bread Sticks Fruit Salad 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	Roast Chicken Drums Sweet 'n' White Mashed Potatoes Pepper & Carrot Sticks Ketchup Light Rye Bread Fresh Fruit 2% Milk	English Muffin Pizza Mini All Beef Salami Tomato Sauce Shredded Mozzarella Mixed Green Salad Dressing Fresh Fruit 2% Milk	Chicken Breast Chunks Quinoa Pilaf Honey Mustard Sauce Baby Carrots Whole Wheat Pita Fresh Fruit 2% Milk	Cheese Tortellini Tomato Lentil Sauce Parmesan Cheese Broccoli Florets & Celery Sticks Whole Wheat Bun Fresh Fruit 2% Milk	Alaskan Pollack Mexican Rice Ketchup Brussel Sprouts Multigrain Bread Fresh Fruit 2% Milk
PM SNACK	Nachos Cheese Salsa 2% Milk	Bumble Berry Square Fresh Fruit 2% Milk	Spinach & Avocado Dip Corn Chips Veggie Sticks 2% Milk	Carrot & Pineapple Muffin Fresh Fruit 2% Milk	Cottage Cheese Whole Wheat Bagel 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

2019 SPRING-SUMMER INGREDIENT LIST FOR HOT LUNCH ENTREES- April 29.2019 – rev 2

WEEK ONE

Monday:

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).

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

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

Tuesday:

Chicken souvlaki: chicken, and seasoning and spices

Wednesday:

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)

Thursday:

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 ;coconut milk, seasonings and spice ;chickpea ,mushrooms

Friday:

Chicken club: chicken, water, cornstarch, glucose, sodium phosphate, soy protein concentrate, sodium diacetate, salt, carrageenan, spices, hydrolized plant protein (corn and soy); may contain eggs

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

WEEK TWO

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: 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).

Tuesday:

Roast chicken thigh: chicken thigh and seasoning and spices

Wednesday:

Alaskan Fish burger: Pollack fish fillet, water, toasted wheat crumbs, corn starch, flour, modified corn starch,(corn,wheat,soy) sugar, baking powder, vegetable oil(modified palm),sodium phosphate, , guar gum, spices,canola oil

* Green peas & Potato salad: green peas,, potatoes, (Dressing) egg, mustard, canola oil, soybean oil, white and red vinegar, seasoning and spices)

Thursday:

Soup: chicken stock made from chicken bones, water, carrot ,onion, celery, seasonings and spices;
Noodles:: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate; 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:

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

WEEK THREE

Monday:

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,;ricotta cheese,tofu, seasonings and spices

Tuesday:

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

Coleslaw; cabbage, raddico, carrots; Dressing contain; soy, egg ,mustard

Wednesday:

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

Hash Brown: Potatoes, vegetable, canola and soya oil, yellow corn flower, salt, onion, dextrose, sodium pyrophosphate

Thursday:

Chicken Tacos; Chicken and seasonings and spices

Friday:

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

WEEK FOUR

Monday:

Roasted Chicken Drums: chicken drum sticks and seasoning and spices

Sweet & white mashed potatoes: sweet and white potatoes,; margarine, milk, salt, pepper

Tuesday:

English muffin pizza; English muffins, all beef salami: beef, water, potato or tapioca starch, salt, glucose, dextrose, spices, sodium erythorbate, sodium nitrite

Tomato sauce: crushed tomatoes, tomato paste, water, onion, carrot, celery, seasonings and spice:

Wednesday:

Chicken breast chunks: chicken breast , water, modified topioca starch, salt, wheat flour, soybean oil

Quinoa; contain wheat

Thursday:

Cheese Tortellini: durum wheat nutrient, rice flour, niacin, folic acid, ,riboflavin, thiamin, ricotta cheese, mozzarella cheese, parmesan cheese, spinach, eggs,; Tomato sauce; crushed tomatoes, tomato paste, water, onions, carrots, celery ,;lentil, seasonings and spices

Friday:

**Alaskan Pollack: Pollack fish fillet, water, toasted wheat crumbs, corn starch, flour, modified corn starch,(corn,wheat,soy) sugar, baking powder, vegetable oil(modified palm),sodium phosphate, , guar gum, spices,canola oil

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