



FALL-WINTER 2025

SNACK AND LUNCH MENU

WEEK 1

* AM Snacks and 2% milk 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 *	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit
LUNCH	Whole Wheat or Vegetable Pasta Cheese Sauce Pepper and Cucumber Sticks Whole Wheat Bread Fresh Fruit	Chicken Breast Nuggets Veggie Nuggets Rice Pilaf Ketchup Baby Carrots Onion Bun Fresh Fruit	Potato Crust Blue Cod Veggie Burger Couscous with Roasted Carrots Tartar Sauce Green Beans and Tomato Wedge Pumpnickel Bun Fresh Fruit	Beef Meatball in Tomato Sauce Veggie Meatball in Tomato Sauce Whole Wheat or Vegetable Pasta Parmesan Cheese Asparagus and Baby Corn Garlic Pita Bread Fresh Fruit	Mushroom Chicken Tofu and Mushroom Stirfry Rice Pilaf Cabbage and Mixed Green salad, Dressing Whole Wheat Villaggio Bread Fresh Fruit
PM SNACK	Wow Butter Marble Rye Bagel	Apple Pie Snacking Round Fresh Fruits	Soft Cheese Danish Roll	Yogurt Brown Rice Cake	Morning Glory Muffin Fresh Fruits

Transfat Free Lunch Prepared by M. Halpert Catering Limited www.halpertcatering.com

Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe, strawberries and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Full vegetarian menu available upon request

Veggie sticks & Bread change without notice based on availability

Water available at every meal

2 % Milk for PS daily

2% Milk for JK and SK on school breaks when hot lunch provided

SNACK AND LUNCH MENU

WEEK 2

*** AM Snacks and 2% milk 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 *	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit
LUNCH	Chicken Cacciatore Chickpea Cacciatore Whole Wheat or Vegetable Pasta Parmesan Cheese Pepper and Cucumber Sticks Garlic Bun Fresh Fruit	Beef and Beans stirfry Beans and Vegetable Stirfry Rice Pilaf Mixed Green Salad, Dressing Marble Rye Bread Fresh Fruit	Chicken Breast Chunk Veggie Nuggets Roast Potatoes Ketchup Broccoli Floret and Yellow Beans Whole Wheat Bun Fresh Fruit	Whole Wheat or Vegetable Pasta Ricotta Tomato sauce Parmesan Cheese Cauliflower Floret and Celery Sticks Challah Bread Fresh Fruit	Crispy Pollack Crestless Quiche Masala Rice Ketchup Green and Yellow Beans Dinner Roll Fresh Fruit
PM SNACK	Banana Cottage Cheese Loaf Fresh Fruits	Pretzel Apple sauce	Cheese String Ritz Crackers	Multigrain Bagel Wow Butter	Oatmeal raisin Cookie Fresh Fruits

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Staff record the fruit served and records are maintained for 30 days.

Full vegetarian menu available upon request

Veggie sticks & Bread change without notice based on availability

Water available at every meal

2 % Milk for PS

2% Milk for JK and SK on school breaks when hot lunch provided



SNACK AND LUNCH MENU

WEEK 3

*** AM Snacks and 2% milk 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 *	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit
LUNCH	Chicken Meatball in Rose Sauce Veggie Meatball in Tomato Sauce Whole Wheat or Vegetable Pasta Parmesan Cheese Carrot and Cucumber Sticks Corn Bread Fresh Fruit	Turkey and Vegetable Soup Lentil Soup Salami, Chicken and Cheese Submarine Cheese Submarine Mustard Sausage Bun Fresh Fruit	Chili Chicken Red Curry with Chickpea Rice Pilaf Yellow Bean and Celery stick Whole Wheat Bun Fresh Fruit	Beef Lasagna Spinach Ricotta Lasagna Mixed Green Salad, Dressing Whole Wheat Bread Fresh Fruit	Fish Pollack Burger Baked Tofu with Vegetables Rice Pilaf Ketchup Baby Carrots Pull Apart Bun Fresh Fruit
PM SNACK	Soft Cheese Whole Wheat Bagel	Carrot Loaf Fresh Fruits	Nachos Cheese Salsa	Yogurt Arrowroot Cookies	Raisin Bread Fresh Fruits

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Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe, strawberries and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Full vegetarian menu available upon request

Veggie sticks & Bread change without notice based on availability

Water available at every meal

2 % Milk for PS

2% Milk for JK and SK on school breaks when hot lunch provided



SNACK AND LUNCH MENU

WEEK 4

* AM Snacks and 2% milk 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 *	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit
LUNCH	Beef Bolognese Chickpea Bolognese Whole Wheat or Vegetable Pasta Parmesan Cheese Pepper and Cucumber Sticks Pumpnickel Bread Fresh Fruit	Fish Sticks Spinach and Pepper Quiche Quinoa Ketchup Baby Carrots Whole Wheat Bun Fresh Fruit	Chicken Breast Burger Veggie Burger Fried Rice Burger Sauce Cauliflower Floret and Baby Corn Burger Bun Fresh Fruit	Beef Tacos Lentil Tacos Lettuce, Sour Cream Cheese Whole Wheat Flour Tortillas Fresh Fruit	Chicken Kafta with Feta and Spinach Vegetarian Hotdog Roast Potatoes and Bell Peppers Ketchup Hot Dog Bun Fresh Fruit
PM SNACK	Blueberry Scone Wow Butter	Gold Fish Fresh Fruits	Cheese String Pretzel	Pumpkin Zucchini Loaf Fresh Fruits	Apple Berry Sauce Ritz Crackers

Transfat Free Lunch Prepared by M. Halpert Catering Limited www.halpertcatering.com

Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe, strawberries and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Full vegetarian menu available upon request

Veggie sticks & Bread change without notice based on availability

Water available at every meal

2 % Milk for PS

2% Milk for JK and SK on school breaks when hot lunch provided

FALL- WINTER INGREDIENT LIST FOR HOT LUNCH ENTREES – October 27, 2025

WEEK ONE

Monday:

WW Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, (EGG, DAIRY FREE) OR

Vegetable Pasta: Durum semolina, dehydrated spinach, tomato powder, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate ;(EGG, DAIRY FREE)

Cheese Sauce: milk, cream, cheddar cheese, ricotta cheese, flour, seasoning and spices (EGG FREE)

Tuesday:

Chicken Breast Nuggets: chicken breast meat, water, toasted wheat crumbs, soy protein isolate, salt, spices, garlic powder, onion powder. In a batter and breading of toasted wheat crumbs with spice extractives, water, wheat flour, modified Corn starch, baking powder, canola oil, salt, modified palm oil, soy protein isolate, methylcellulose, annatto extractives, Spice extractives. May contain: egg. (DAIRY FREE)

Rice Pilaf: rice, water, margarine (soy), canola oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Wednesday:

Potato Crust Blue Cod: blue cod, water, modified corn starch, toasted wheat crumbs, potatoes, canola oil, flour (corn, wheat)seasoning(disodium inosinate, disodium guanylate, yeast extract, garlic, onion, torula yeast, chives, spices) salt, sodium phosphate, flavour, cheddar cheese, dextrose(sugar), barley, milk ingredients (EGG FREE)

Couscous with Roasted Carrots: Couscous, water, salt, margarine (soy), canola/sunflower oil, carrots, seasonings and spices (EGG, DAIRY FREE)

Tartar Sauce: mayonnaise (egg, lemon juice, mustard, vinegar, canola, sunflower oil) relish, seasoning and spices (GLUTEN, DAIRY FREE)

Thursday:

Beef Meatballs Cacciatore: 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) Tomatoes, onions, garlic, seasoning and spices (EGG, DAIRY FREE)

WW Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, (EGG, DAIRY FREE) OR

Vegetable Pasta: Durum semolina, dehydrated spinach, tomato powder, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, (EGG, DAIRY FREE)

Friday:

Mushroom Chicken: chicken breast, mushrooms, pepper, onion, milk, cream, chicken and turkey broth, seasoning and spices (GLUTEN, EGG FREE)

Rice Pilaf: rice, water, salt, margarine (soy), canola oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Salad Dressing: Balsamic vinegar, canola and soy bean oil, water, grape juice concentrate, caramel, natural flavour, sugar, salt, spices, mustard, dehydrated garlic, xanthan gum, potassium Sorbate (GLUTEN, EGG, DAIRY FREE) OR canola/soya oil, water, white vinegar, extra virgin olive oil, sugar, glucose, salt, spices, lemon juice, dehydrated garlic, mustard flour, xanthan gum, onion powder, red bell pepper, potassium Sorbate, sodium benzoate, spice extract, rice vinegar (GLUTEN, EGG, DAIRY FREE)

WEEK TWO

Monday:

Chicken Cacciatore: chicken, peppers, onion, carrots, tomatoes, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

WW Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, (EGG, DAIRY FREE) OR Vegetable Pasta: Durum semolina, dehydrated spinach, tomato powder, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate ;(EGG, DAIRY FREE)

Tuesday:

Beef and Beans Stirfry: beef, beans, peppers, onion, carrots, soy sauce, teriyaki sauce, seasoning and spices (EGG, DAIRY FREE)

Rice Pilaf: rice, water, margarine (soy), salt, canola oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Salad Dressing: Balsamic vinegar, canola and soy bean oil, water, grape juice concentrate, caramel, natural flavour, sugar, salt, spices, mustard, dehydrated garlic, xanthan gum, potassium Sorbate (GLUTEN, EGG, DAIRY FREE) OR canola/soya oil, water, white vinegar, extra virgin olive oil, sugar, glucose, salt, spices, lemon juice, dehydrated garlic, mustard flour, xanthan gum, onion powder, red bell pepper, potassium Sorbate, sodium benzoate, spice extract, rice vinegar (GLUTEN, EGG, DAIRY FREE)

Wednesday:

Chicken Breast Chunk: Chicken breast, Water, Soybean oil, Enriched wheat flour, Modified tapioca starch, Modified corn starch, Salt, Sugars (dextrose, sugar), Rice flour, Potato starch, Palm oil shortening, Autolyzed yeast extract, Spices, Garlic powder, Onion powder, Sodium acid pyrophosphate, Sodium bicarbonate, Monocalcium phosphate, Paprika extract, Black pepper extract, Palm oil, Yeast, Soy flour, Rosemary extract.(EGG, DAIRY FREE)

Roast Potatoes : potatoes, vegetable oil (soybean oil and/or canola oil), flour, yellow corn meal, salt, modified corn starch, garlic powder, onion powder, Spices, Flavour (autolyzed yeast extract) dehydrated parsley, guar gum ,sugars (dextrose) sodium phosphate (to help retain colour) (EGG, DAIRY FREE)

Thursday:

WW Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, (EGG, DAIRY FREE) OR

Vegetable Pasta: Durum semolina, dehydrated spinach, tomato powder, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate ;(EGG, DAIRY FREE)

Ricotta Tomato Sauce: ricotta cheese, tomato sauce (Tomatoes, onions, garlic, seasoning and spices) (GLUTEN, EGG FREE)

Friday:

Crispy Pollack: pollock fillets, toasted wheat crumbs, canola oil, whole grain wheat flour, modified corn starch, water, sugar, baking powder, spice extracts, spices, salt, natural flavour(EGG, DAIRY FREE)

Masala Rice: rice, water, margarine (soy), salt, canola oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

WEEK THREE

Monday:

Chicken Meatballs in Rose Sauce: Chicken thigh meat, Water, Parmesan cheese, dextrose, dehydrated onion, dehydrated red and green bell peppers, spices, garlic powder, parsley, spice extracts, Toasted wheat crumbs, Textured soy flour, Soy protein concentrate, Salt, cream, milk, tomatoes, canola/sunflower oil, corn starch, seasoning and spices)(may contain eggs)

WW Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, (EGG, DAIRY FREE) OR

Vegetable Pasta: Durum semolina, dehydrated spinach, tomato powder, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, (EGG, DAIRY FREE)

Tuesday:

Turkey and Vegetable Soup: chicken/turkey stock , water, carrot, onion, peppers, celery, corn, canola/sunflower oil, turkey,(noodles) durum wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate ,seasonings and spices; (EGG,DAIRY FREE)

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

(GLUTEN, EGG, DAIRY FREE)

Chicken: chicken breast, Water, salt, Sugars (corn syrup solids), Modified corn starch, flavour, (soy protein isolate, spice extracts) hydrolyzed corn protein, triphosphates (GLUTEN, EGG, DAIRY FREE)

Cheddar cheese: (GLUTEN, EGG FREE)

Wednesday:

Chili Chicken: chicken breast, pepper, onion, chili sauce, soy sauce, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Rice Pilaf: rice, water, margarine (soy), salt, canola oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Thursday:

Beef Lasagna: Beef (Halal), tomato sauce, water, pasta (egg), mozzarella cheese, ricotta cheese, parmesan cheese, seasoning and spices

Salad Dressing: Balsamic vinegar, canola and soy bean oil, water, grape juice concentrate, caramel, natural flavour, sugar, salt, spices, mustard, dehydrated garlic, xanthan gum, potassium Sorbate (GLUTEN, EGG, DAIRY FREE) OR canola/soya oil, water, white vinegar, extra virgin olive oil, sugar, glucose, salt, spices, lemon juice, dehydrated garlic, mustard flour, xanthan gum, onion powder, red bell pepper, potassium Sorbate, sodium benzoate, spice extract, rice vinegar (GLUTEN, EGG, DAIRY FREE)

Friday:

Fish Pollack Burger: Pollock, Toasted wheat crumbs, Canola oil, Water, Modified corn starch, Flour (corn, wheat, soy), Sugar, Baking powder, Modified palm oil, Guar flour, Spices(EGG, DAIRY FREE)

Rice Pilaf: rice, water, margarine (soy), salt, canola oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

WEEK FOUR

Monday:

Beef Bolognese: Beef (Halal), water, Tomatoes, onions, garlic, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

WW Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, (EGG, DAIRY FREE) OR

Vegetable Pasta: Durum semolina, dehydrated spinach, tomato powder, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, (EGG, DAIRY FREE)

Tuesday:

Fish Sticks: Pollock, Toasted wheat crumbs, Water, Canola oil, Modified corn starch, Flour (corn, wheat, soy), Sugars (sugar, dextrose), Baking powder, Modified palm oil, Sodium phosphate (to retain moisture), Guar flour, Spices
(EGG, DAIRY FREE)

Quinoa: quinoa, water, salt, margarine (soy), canola oil, seasoning and spices (EGG, DAIRY FREE)

Wednesday:

Chicken Breast Burger: Chicken breast meat, Water, Toasted wheat crumbs, Soy protein isolate, Salt, Spices, Garlic powder, Onion powder. In a batter and breading of: Toasted wheat crumbs with spice extractives, Water, Wheat flour, Modified corn starch, Baking powder, Canola oil, Salt, Modified Palm oil, Soy protein isolate, Methylcellulose, Annatto extractives, Spice extractives. May contain: Egg (DAIRY FREE)

Fried Rice: rice, salt, margarine (soy), water, soy sauce, canola oil (GLUTEN, EGG, DAIRY FREE)

Thursday:

Beef Tacos: beef (Halal), water, tomatoes, carrots, pepper, onion, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Friday:

Chicken Kafta with Feta and Spinach: chicken breast, feta cheese, spinach, water, gluten free bread crumbs,

Sea salt, onion powder, garlic powder, spices (GLUTEN, EGG FREE)

Roast Potatoes with Bell Peppers: potatoes, bell peppers, onion, vegetable oil (soybean oil and/or canola oil), flour, yellow corn meal, salt, modified corn starch, garlic powder, onion powder, Spices, Flavour (autolyzed yeast extract) dehydrated parsley, guar gum, sugars (dextrose) sodium phosphate (to help retain colour) (EGG, DAIRY FREE)

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