



SPRING-SUMMER 2024

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 Cucumber and Carrot Sticks Quinoa Crisp Bread Fresh Fruit	Fajita Chicken Rice Pilaf Green Salad, Dressing Garlic Bun Fresh Fruit	Fish Sticks Couscous Ketchup Asparagus and Baby Corn Whole Wheat Bread Fresh Fruit	Whole Wheat or Vegetable Pasta Beef Meatballs in Tomato Sauce Parmesan Cheese Baby Carrots Whole Wheat Villaggio Bread Fresh Fruit	Chicken Nuggets Roast Potatoes Ketchup Celery Sticks and Cauliflower Floret Whole Wheat Rolls Fresh Fruit
PM SNACK	Wow Butter Cinnamon Raisin Bagel	Yogurt Crackers Fresh Fruits	Gold Fish Crackers Cheesestrings	Apple Berry Sauce Veggie & Amaranth Crispbread	Morning Glory Loaf 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 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

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	Whole Wheat or Vegetable Pasta Sicilian Chicken in Tomato Sauce Parmesan Cheese Pepper and Cucumber Sticks Pumpnickel Bread Fresh Fruit	Haddock Crunchy Rice and Peas Ketchup Baby Carrots Garlic Bun Fresh Fruit	Chicken Burger Hash brown Burger Sauce Broccoli Floret and Tomato Wedge Hamburger Bun Fresh Fruit	Whole Wheat or Vegetable Pasta Ricotta Tomato Sauce Green and Yellow Beans Corn Bread Fresh Fruit	Turkey Round Fried Rice Green Salad, Dressing Whole Wheat Bread Fresh Fruit
PM SNACK	Soft Cheese Poppy Seed Bagel	Banana Berry Loaf Fresh Fruits	Yogurt Ritz Crackers	Oatmeal Raisin Cookies Fresh Fruits	Wow Butter Raisin Bread

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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

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	Whole Wheat or Vegetable Pasta Chicken Meatballs in Tomato sauce Parmesan Cheese Pepper and Cucumber Sticks Multigrain Bread Fresh Fruit	Multigrain Pollack Rice Pilaf Ketchup Baby Carrots Whole Wheat Flat Bread Fresh Fruit	Chicken Noodle Soup Salami, Chicken and Cheese Submarine Cauliflower Floret and Tomato Wedge Sausage Bun, Mustard Fresh Fruit	Beef Lasagna Green salad, Dressing Quinoa Crisp Bread Fresh Fruit	Whole Wheat or Vegetable Pasta Turkey Primavera Sauce Parmesan Cheese Asparagus and Celery Stick Garlic Bread Fresh Fruit
PM SNACK	Apple Sauce Rice Cake	Granola Bar Fresh Fruits	Gold Fish Crackers Raisins	Yogurt Apple Pie Snacking Round	Zucchini Carrot Muffin Fresh Fruits

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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

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 Stirfry Rice Pilaf Cucumber and Pepper Sticks Garlic Flat Bread Fresh Fruit	Sole Filet Quinoa Ketchup Carrot and Celery Sticks Onion Roll Fresh Fruit	Whole Wheat or Vegetable Pasta Marinara Sauce Parmesan Cheese Green and Yellow Beans Rye Bread Fresh Fruit	Chicken Chowder Spinach Rice Broccoli Floret and Tomato Wedge Whole Wheat Roll Fresh Fruit	Beef Hamburger Corn Niblets, Ketchup Sliced Cheddar Hamburger Bun Fresh Fruit
PM SNACK	Dates Banana Loaf Fresh Fruit	Homemade Trail Mix Apple Sauce	Wow Butter Mini Croissant	Nachos Cheese Salsa	Arrowroot Cookies Veggie Sticks

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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

2 % Milk for PS

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

SPRING - SUMMER INGREDIENT LIST FOR HOT LUNCH ENTREES – April 15, 2024

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:

Fajitas Chicken: chicken breast, water, canola oil/sunflower oil, corn syrup, peppers, onion, carrots, chicken and turkey broth, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Rice Pilaf: Rice, salt, margarine (soy), water, canola oil (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:

Fish sticks: (haddock/Pollock/cod), water, toasted wheat crumbs, modified starch (corn), flour (corn, wheat, soy), sugar, baking powder, vegetable oil (modified palm), sodium phosphate, guar gum, spices, canola oil.(EGG, DAIRY FREE)

Couscous: Couscous, water, salt, margarine (soy), canola/sunflower oil, seasonal vegetables, seasonings and spices (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)

Meatballs in tomato sauce: 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)

Friday:

Chicken 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)

Roast potatoes: potatoes, canola oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

WEEK TWO

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)

Sicilian Chicken in Tomato Sauce: chicken, peppers, onion, mushrooms, olives, tomato sauce, (tomatoes, onions, garlic, seasoning and spices) (GLUTEN, EGG, DAIRY FREE)

Tuesday:

Haddock Crunchy: haddock fillets, water, toasted wheat crumbs, flour (wheat, corn, soy), vegetable oil (canola, soya), modified corn starch, corn starch, sugar, salt, seasonings (onion, yeast extract, spices, garlic, soy sauce powder), baking powder, sodium phosphate (to retain moisture), guar flour, paprika, caramel (colour) (EGG, DAIRY FREE)

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

Wednesday:

Chicken 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)

Hash Brown: potatoes, vegetable oil (canola oil and/or sunflower oil and/or cotton seeds oil, and /or soy bean oil and /or corn oil), dehydrate onion, corn starch, sodium phosphate, dextrose (GLUTEN, EGG, DAIRY FREE)

Burger Sauce: mayonnaise (egg), canola/sunflower oil, lemon juice, ketchup, relish, seasoning and spices (GLUTEN, 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:

Turkey Round: turkey, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Fried Rice: rice, soy sauce, 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 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 THREE

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)

Chicken Meatballs in Tomato Sauce: Chicken thigh meat, Water, Seasoning (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, tomatoes, onions, garlic, seasoning and spices) (May contain: Eggs)

Tuesday:

Multigrain Pollack: pollock fillets, toasted wheat crumbs, water, corn starch, canola oil, wheat flour, rye flakes, quinoa, rolled oats, hulled millets, corn flour, sugar beet fibre, salt, flavour, onion powder, garlic powder, sugar, baking powder, spices. may contain soy.(EGG, DAIRY FREE)

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

Wednesday:

Chicken Noodle Soup: chicken stock made from chicken bones, water, carrot, onion, celery, canola/sunflower oil, chicken, corn, 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, Sugars (glucose solids), Salt, Vinegar, Flavour, Modified corn starch, Sodium phosphate, Sodium erythorbate, Carrageenan, Torula yeast, Onion powder, Spices. (May contain eggs, milk) (GLUTEN FREE)

Cheddar cheese: (GLUTEN, EGG FREE)

Thursday:

Beef Lasagna: Beef, 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:

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)

Turkey Primavera Sauce: turkey, seasonal vegetables, tomato sauce (tomatoes, onion, garlic) seasoning and spices (GLUTEN, EGG, DAIRY FREE)

WEEK FOUR

Monday:

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

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

Tuesday:

Sole fillets : Sole fillets Canola oil, Toasted wheat crumbs, Water, Wheat flour, Modified corn starch, Corn starch, Yellow corn flour, Flavour, Salt, Baking powder, Sugar, Citric acid, Spices (EGG, DAIRY FREE)

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

Wednesday:

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)

Marinara Sauce: ground beef, tomatoes, onion, garlic, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Thursday:

Chicken Chowder: Chicken, canola/sunflower oil, potatoes, peppers, onion, corn, milk, cream, corn starch, seasoning and spices (GLUTEN, EGG FREE)

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

Friday:

Beef hamburger: Ground beef, eggs, bread crumbs, mustard, soy sauce, seasoning and spices (DAIRY FREE)

Corn Niblets: Corn, water, salt, margarine (soy) (GLUTEN, EGG, DAIRY FREE)

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