

## WEEK 1

### MONDAY

Yogurt & Granola  
Strawberries

White Chilli Chicken & Cornbread, Seasonal Fruit

Cheese Bites & Crackers

Cucumbers

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

### TUESDAY

Oatmeal & Blueberries

Red Thai Curry Whitefish & Vermicelli Rice Noodle, Seasonal Fruit

Spinach & Cheese Pizza Puff & Pineapple

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

### WEDNESDAY

Avocado Toast & Bacon

Meatloaf & Mashed Potatoes, Corn, Seasonal Fruit

Pumpkin Spice Loaf

Kiwis

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

### THURSDAY

Whole Grain Cereal

Clementines

Roasted Turkey & Whole Wheat Sourdough, Broccoli, Seasonal Fruit

Crudites & Dip & Crackers

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

### FRIDAY

Morning Glory Muffin

Apple

Macaroni & Cheese

Seasonal Fruit

Cornmeal Cookie

Pears

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

WEEK 2

**MONDAY**

AppleSauce Breakfast Bowl

Banana

Turkey & Bean Chilli, Whole Wheat Sourdough, Seasonal Fruit

Crudites & Dip & Crackers

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

**TUESDAY**

Blueberry Muffin

Pineapple

Whitefish & Quinoa & Broccoli, Seasonal Fruit

Apple Berry Blend Crumble

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

**WEDNESDAY**

Peach Smoothie

Trail Mix

Chana Masala & Brown Rice, Peas, Seasonal Fruit (Vegan)

Cocoa Brownies

Raspberries

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

**THURSDAY**

Banana Pancakes & Maple Syrup

Shepherd's Pie & Mashed Potatoes, Peas, Carrots, Corn, Seasonal Fruit

Hummus & Pita

Cucumber

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

**FRIDAY**

Whole Grain Cereal

Watermelon

Mushroom Marinara Conchiglie, Seasonal Fruit

Ginger Cookies

Honeydew Melon

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

### WEEK 3

#### MONDAY

Whole Grain Cereal  
Apple

Teriyaki Beef & Vermicelli Rice Noodle, Peas, Seasonal Fruit

Cheese Bites & Crackers  
Cranberries & Raisins

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

#### TUESDAY

Raspberry Whole Wheat Muffin  
Pineapple

Arroz con Pollo, Kidney Beans, Corn, Seasonal Fruit

Ginger Loaf  
Pears

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

#### WEDNESDAY

Yogurt & Granola  
Blueberries

Turkey Pot Pie & Savory Scone, Carrots, Peas, Corn, Seasonal Fruit

Spinach & Cheese Pizza Puffs  
Kiwis

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

#### THURSDAY

Raisin Whole Wheat Bread  
Banana

Lemon Dill Whitefish & Quinoa, Broccoli, Seasonal Fruit

Crudites & Dip & Crackers

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

#### FRIDAY

Oatmeal & Strawberries

Vegetarian Lasagne & Cheese, Seasonal Fruit

WOW Butter Cookie  
Clementines

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

WEEK 4

**MONDAY**

Blueberry Smoothie Breakfast Bowl

Chicken & Barley Stew, Seasonal Fruit

Hummus & Pita

Cucumber

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

**TUESDAY**

Banana Pancakes & Maple Syrup

Honey Garlic Tofu & Brown Rice, Broccoli, Seasonal Fruit

Rice Pudding

Honey Graham Cookies

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

**WEDNESDAY**

Whole Grain Cereal

Watermelon

Beef & Bean Cassoulet, Whole Wheat Sourdough, Seasonal Fruit

Crackers & Cheese

Grapes

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

**THURSDAY**

Carrot Whole Wheat Muffin

Pears

Miso Marinated White Fish & Sweet Potatoes, Peas, Seasonal Fruit

Strawberry Smoothie

Trail Mix

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*

**FRIDAY**

WOW Butter & Jam Baguette

Clementines

Spinach Florentine Farfalle, Seasonal Fruit

Oatmeal Raisin Cookie

Cantaloupe

*Fresh Fruit, dry snacks such as arrowroot cookies and cheerios, as well as water will be available throughout the day on child's request.*