

SCHOOL MENU – WINTER 2025/26

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY DEC 21	MONDAY DEC 22	TUESDAY DEC 23	WEDNESDAY DEC 24	THURSDAY DEC 25	FRIDAY DEC 26	SATURDAY DEC 27
1 ASSORTED BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS MIXED BERRY COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE GRAIN ROLL 1 BREAKFAST PATTY FRESH BERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 HOMEMADE APPLE SPICE AND WHOLE GRAIN OAT MUFFIN 2 VEGGIE SAUSAGE ½ CUP FRESH BERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 BREAKFAST BURRITO 2 OZ WHOLE-GRAIN TORTILLA 2 OZ SCRAMBLED EGGS 1 OZ SHREDDED CHEESE 2 OZ BLACK BEANS AND SALSA 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ PASTA AND VEGGIE MEAT BOLOGNESE ½ CUP CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. ROASTED CORN CHOWDER SOUP 6 OZ ROASTED TURKEY 1 CUP SWEET POTATO MASH ½ CUP GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ TOMATO AND BASIL SOUP 1 GRILLED CHEESE SANDWICH (ON WHOLE GRAIN BREAD) ½ CUP OF BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BBQ CHICKEN ½ CUP ROASTED VEGETABLE MEDLEY ½ CUP RICE PILAF(WHOLE GRAIN) 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CHICKEN SOUP 6 OZ BRAISED BEEF BRISKET ½ CUP GLAZED HONEY CARROTS ½ CUP CRISPY POTATOES 1 WHOLE GRAIN ROLL 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ FISH AND CHIPS TARTAR SAUCE ½ CUP POTATO WEDGES ½ CUP GARLIC AND LEMON BROCCOLI 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ CUP OF ROASTED POTATO WEDGES ½ CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 CHEESE & VEGGIE CRUMBLE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	CLOSED	6 OZ ASIAN GLAZED BEEF MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP ASPARAGUS 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – WINTER 2025/26

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY DEC 28	MONDAY DEC 29	TUESDAY DEC 30	WEDNESDAY DEC 31	THURSDAY JAN 1	FRIDAY JAN 2	SATURDAY JAN 3
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 OZ OF FRESH BERRIES OR BANANAS 2 TURKEY LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 OZ MEXICAN SCRAMBLED EGGS 2 OZ AVOCADO AND SALSA 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED APPLE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG, POTATO & CHEESE BREAKFAST BOWL 2 OZ EGGS 1 OZ CHEESE ½ CUP POTATOES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE GRAIN BISCUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ BAKED ZITI ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BYO BEEF CHILI RICE BOWL ½ CUP OF RICE(WHOLE GRAIN) ½ CUP OF CARROTS AND GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ LENTIL SOUP 6 OZ BBQ CHICKEN ½ CUP OF MASHED POTATO ½ CUP OF BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. BEEF MEATBALLS AND SPAGHETTI ½ CUP OF PASTA 1 WHOLE GRAIN ROLL 1CUP SIDE SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BUTTERNUT SQUASH SOUP 6OZ CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 WHOLE GRAIN PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ BAKED CHICKEN PARMESAN ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ ROASTED CHICKEN 1 BAKED POTATO 8 OZ. SIDE SALAD 1 WHOLE GRAIN ROLL FRESH FRUIT ½ PT. 1% LOW-FAT MILK	5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 MEXICAN VEGGIE AND CHEESE TACO ½ CUP STREET CORN ½ CUP SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BRAISED BEEF STEW ½ CUP MASHED POTATO ½ CUP ROASTED VEGETABLE MEDLEY 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. ASIAN GLAZED GINGER CHICKEN RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ CUP STIR FRY VEGGIES 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE (WHOLE GRAIN ROLL ½ CUP OF PEPPERS AND ONIONS 1 CUP OF SIDE SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – WINTER 2025/26

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JAN 4	MONDAY JAN 5	TUESDAY JAN 6	WEDNESDAY JAN 7	THURSDAY JAN 8	FRIDAY JAN 9	SATURDAY JAN 10
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 BLUEBERRY OAT BREAKFAST WHOLE GRAIN MUFFIN 2 VEGGIE BREAKFAST PATTY 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG AND CHEESE ON A WHOLE GRAIN ROLL 1 SLICE OF CANADIAN BACON 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 BLUEBERRY AND BANANA WHOLE GRAIN PANCAKE 1 TURKEY BREAKFAST SAUSAGE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ POTATO LEEK SOUP 6 OZ CHICKEN CAESAR WHOLE GRAIN WRAP 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ GROUND BEEF NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ITALIAN WEDDING SOUP 6 OZ CHICKEN TENDERS ½ CUP CARROTS AND PEAS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6OZ. TURKEY POT PIE ½ CUP SAUTÉED GARLIC AND HERB GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ MINESTRONE SOUP 6 OZ CRISPY CHICKEN RANCH WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CREAMY WINTER SQUASH SOUP 6 OZ SALMON OR 1 PIZZA 1 CUP SWEET POTATO WEDGES 1 CUP SIDE SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ TERIYAKI SALMON 1 CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ROASTED MEDITERRANEAN CHICKEN ½ CUP RICE PILAF WHOLE GRAIN 1 CUP CUCUMBER AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ VEGETABLE AND CHEESE QUESADILLA (WHOLE GRAIN WRAP) ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ SLOPPY JOE RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ OF GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	2 PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ PULLED PORK BURRITO ½ CUP RICE (WHOLE GRAIN) ½ CUP BLACK BEANS ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF POTATO WEDGES 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

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ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JAN 11	MONDAY JAN 12	TUESDAY JAN 13	WEDNESDAY JAN 14	THURSDAY JAN 15	FRIDAY JAN 16	SATURDAY JAN 17
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 CUP MANGO AND PEACH OATMEAL BREAKFAST BOWL 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 OZ SCRAMBLED CHEESY EGGS 1 HASH BROWN 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 WHOLE GRAIN FRENCH TOAST 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG, HAM AND SWISS ON A WHOLE GRAIN ENGLISH MUFFIN ½ CUP FRUIT SALAD 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	6 OZ HOT OATMEAL COCONUT AND BERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 OZ SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ FRENCH ONION SOUP 6 OZ CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ASIAN STYLE BEEF MEATBALL RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ CUP STIR FRY VEGGIES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CHEESE TORTELLINI IN A BASAL TOMATO SAUCE ½ CUP GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CHICKEN TORTILLA SOUP 2 CHICKEN TACO 2 OZ GUACAMOLE 2 OZ SALSA ½ CUP OF MEXICAN CORN SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CAULIFLOWER SOUP 6 OZ SALMON OR PIZZA 1 CUP SWEET POTATO WEDGES 1 CUP SIDE SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ CHICKEN PARMESAN OVER PASTA ½ CUP GREEN BEANS WITH GARLIC 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ CHICKEN CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 BYO HAMBURGER 1 CUP CAESAR SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ GROUND TURKEY RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ CUP BROCCOLI 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	8 CHICKEN AND VEGGIE AND KALE DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ TERIYAKI BEEF ½ CUP RICE ½ CUP STIR FRY VEGGIES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ HERB ROASTED CHICKEN ½ CUP OF ROASTED POTATO WEDGES ½ CUP ROASTED GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 ROASTED PORK LOIN ½ CUP CARROT AND PEAS ½ RICE (WHOLE GRAIN) FRESH FRUIT 1 CUP OF SALAD ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

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ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JAN 18	MONDAY JAN 19	TUESDAY JAN 20	WEDNESDAY JAN 21	THURSDAY JAN 22	FRIDAY JAN 23	SATURDAY JAN 24
1 ASSORTED BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS MIXED BERRY COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE GRAIN ROLL 1 BREAKFAST PATTY FRESH BERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 HOMEMADE APPLE SPICE AND WHOLE GRAIN OAT MUFFIN 2 VEGGIE SAUSAGE ½ CUP FRESH BERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 BREAKFAST BURRITO 2 OZ WHOLE-GRAIN TORTILLA 2 OZ SCRAMBLED EGGS 1 OZ SHREDDED CHEESE 2 OZ BLACK BEANS AND SALSA 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ PASTA AND VEGGIE MEAT BOLOGNESE ½ CUP CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. ROASTED CORN CHOWDER SOUP 6 OZ ROASTED TURKEY 1 CUP SWEET POTATO MASH ½ CUP GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ TOMATO AND BASIL SOUP 1 GRILLED CHEESE SANDWICH (ON WHOLE GRAIN BREAD) ½ CUP OF BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BBQ CHICKEN ½ CUP ROASTED VEGETABLE MEDLEY ½ CUP RICE PILAF(WHOLE GRAIN) 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CHICKEN SOUP 6 OZ BRAISED BEEF BRISKET ½ CUP GLAZED HONEY CARROTS ½ CUP CRISPY POTATOES 1 WHOLE GRAIN ROLL 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ FISH AND CHIPS TARTAR SAUCE ½ CUP POTATO WEDGES ½ CUP GARLIC AND LEMON BROCCOLI 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ CUP OF ROASTED POTATO WEDGES ½ CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 CHEESE & VEGGIE CRUMBLE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BAKED ZITI 1 CUP OF WINTER SALAD 1 WHOLE GRAIN ROLL FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ASIAN GLAZED BEEF MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP ASPARAGUS 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

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ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JAN 25	MONDAY JAN 26	TUESDAY JAN 27	WEDNESDAY JAN 28	THURSDAY JAN 29	FRIDAY JAN 30	SATURDAY JAN 31
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 OZ OF FRESH BERRIES OR BANANAS 2 TURKEY LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 OZ MEXICAN SCRAMBLED EGGS 2 OZ AVOCADO AND SALSA 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED APPLE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG, POTATO & CHEESE BREAKFAST BOWL 2 OZ EGGS 1 OZ CHEESE ½ CUP POTATOES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG, TURKEY PATTY AND CHEESE ON A WHOLE GRAIN BISCUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ BAKED ZITI ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BYO BEEF CHILI RICE BOWL ½ CUP OF RICE(WHOLE GRAIN) ½ CUP OF CARROTS AND GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ LENTIL SOUP 6 OZ BBQ CHICKEN ½ CUP OF MASHED POTATO ½ CUP OF BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. BEEF MEATBALLS AND SPAGHETTI ½ CUP OF PASTA 1 WHOLE GRAIN ROLL 1CUP SIDE SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BUTTERNUT SQUASH SOUP 6OZ CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 WHOLE GRAIN PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ BAKED CHICKEN PARMESAN ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ ROASTED CHICKEN 1 BAKED POTATO 8 OZ. SIDE SALAD 1 WHOLE GRAIN ROLL FRESH FRUIT ½ PT. 1% LOW-FAT MILK	5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 MEXICAN VEGGIE AND CHEESE TACO ½ CUP STREET CORN ½ CUP SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BRAISED BEEF STEW ½ CUP MASHED POTATO ½ CUP ROASTED VEGETABLE MEDLEY 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. ASIAN GLAZED GINGER CHICKEN RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ CUP STIR FRY VEGGIES 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE (WHOLE GRAIN ROLL ½ CUP OF PEPPERS AND ONIONS 1 CUP OF SIDE SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – WINTER 2025/26

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY FEB 1	MONDAY FEB 2	TUESDAY FEB 3	WEDNESDAY FEB 4	THURSDAY FEB 5	FRIDAY FEB 6	SATURDAY FEB 7
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 BLUEBERRY OAT BREAKFAST WHOLE GRAIN MUFFIN 2 VEGGIE BREAKFAST PATTY 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG AND CHEESE ON A WHOLE GRAIN ROLL 1 SLICE OF CANADIAN BACON 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 BLUEBERRY AND BANANA WHOLE GRAIN PANCAKE 1 TURKEY BREAKFAST SAUSAGE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ POTATO LEEK SOUP 6 OZ CHICKEN CAESAR WHOLE GRAIN WRAP 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ GROUND BEEF NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ITALIAN WEDDING SOUP 6 OZ CHICKEN TENDERS ½ CUP CARROTS AND PEAS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6OZ. TURKEY POT PIE ½ CUP SAUTÉED GARLIC AND HERB GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ MINESTRONE SOUP 6 OZ CRISPY CHICKEN RANCH WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CREAMY WINTER SQUASH SOUP 6 OZ SALMON OR 1 PIZZA 1 CUP SWEET POTATO WEDGES 1 CUP SIDE SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ TERIYAKI SALMON 1 CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ROASTED MEDITERRANEAN CHICKEN ½ CUP RICE PILAF WHOLE GRAIN 1 CUP CUCUMBER AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ VEGETABLE AND CHEESE QUESADILLA (WHOLE GRAIN WRAP) ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ SLOPPY JOE RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ OF GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	2 PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ PULLED PORK BURRITO ½ CUP RICE (WHOLE GRAIN) ½ CUP BLACK BEANS ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF POTATO WEDGES 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – WINTER 2025/26

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY FEB 8	MONDAY FEB 9	TUESDAY FEB 10	WEDNESDAY FEB 11	THURSDAY FEB 12	FRIDAY FEB 13	SATURDAY FEB 14
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 CUP MANGO AND PEACH OATMEAL BREAKFAST BOWL 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 OZ SCRAMBLED CHEESY EGGS 1 HASH BROWN 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 WHOLE GRAIN FRENCH TOAST 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG, HAM AND SWISS ON A WHOLE GRAIN ENGLISH MUFFIN ½ CUP FRUIT SALAD 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	6 OZ HOT OATMEAL COCONUT AND BERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 OZ SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ FRENCH ONION SOUP 6 OZ CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ASIAN STYLE BEEF MEATBALL RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ CUP STIR FRY VEGGIES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CHEESE TORTELLINI IN A BASAL TOMATO SAUCE ½ CUP GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CHICKEN TORTILLA SOUP 2 CHICKEN TACO 2 OZ GUACAMOLE 2 OZ SALSA ½ CUP OF MEXICAN CORN SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CAULIFLOWER SOUP 6 OZ SALMON OR PIZZA 1 CUP SWEET POTATO WEDGES 1 CUP SIDE SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ CHICKEN PARMESAN OVER PASTA ½ CUP GREEN BEANS WITH GARLIC 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ CHICKEN CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 BYO HAMBURGER 1 CUP CAESAR SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ GROUND TURKEY RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ CUP BROCCOLI 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	8 CHICKEN AND VEGGIE AND KALE DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ TERIYAKI BEEF ½ CUP RICE ½ CUP STIR FRY VEGGIES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ HERB ROASTED CHICKEN ½ CUP OF ROASTED POTATO WEDGES ½ CUP ROASTED GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 ROASTED PORK LOIN ½ CUP CARROT AND PEAS ½ RICE (WHOLE GRAIN) FRESH FRUIT 1 CUP OF SALAD ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – WINTER 2025/26

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY FEB 15	MONDAY FEB 16	TUESDAY FEB 17	WEDNESDAY FEB 18	THURSDAY FEB 19	FRIDAY FEB 20	SATURDAY FEB 21
1 ASSORTED BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS MIXED BERRY COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE GRAIN ROLL 1 BREAKFAST PATTY FRESH BERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 HOMEMADE APPLE SPICE AND WHOLE GRAIN OAT MUFFIN 2 VEGGIE SAUSAGE ½ CUP FRESH BERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 BREAKFAST BURRITO 2 OZ WHOLE-GRAIN TORTILLA 2 OZ SCRAMBLED EGGS 1 OZ SHREDDED CHEESE 2 OZ BLACK BEANS AND SALSA 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ PASTA AND VEGGIE MEAT BOLOGNESE ½ CUP CARROTS AND PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. ROASTED CORN CHOWDER SOUP 6 OZ ROASTED TURKEY 1 CUP SWEET POTATO MASH ½ CUP GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ TOMATO AND BASIL SOUP 1 GRILLED CHEESE SANDWICH (ON WHOLE GRAIN BREAD) ½ CUP OF BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BBQ CHICKEN ½ CUP ROASTED VEGETABLE MEDLEY ½ CUP RICE PILAF(WHOLE GRAIN) 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CHICKEN SOUP 6 OZ BRAISED BEEF BRISKET ½ CUP GLAZED HONEY CARROTS ½ CUP CRISPY POTATOES 1 WHOLE GRAIN ROLL 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ FISH AND CHIPS TARTAR SAUCE ½ CUP POTATO WEDGES ½ CUP GARLIC AND LEMON BROCCOLI 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ CUP OF ROASTED POTATO WEDGES ½ CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 CHEESE & VEGGIE CRUMBLE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BAKED ZITI 1 CUP OF WINTER SALAD 1 WHOLE GRAIN ROLL FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ASIAN GLAZED BEEF MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP ASPARAGUS 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – WINTER 2025/26

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY FEB 22	MONDAY FEB 23	TUESDAY FEB 24	WEDNESDAY FEB 25	THURSDAY FEB 26	FRIDAY FEB 28	SATURDAY MAR 1
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 OZ OF FRESH BERRIES OR BANANAS 2 TURKEY LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 OZ MEXICAN SCRAMBLED EGGS 2 OZ AVOCADO AND SALSA 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED APPLE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG, POTATO & CHEESE BREAKFAST BOWL 2 OZ EGGS 1 OZ CHEESE ½ CUP POTATOES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG, TURKEY PATTY AND CHEESE ON A WHOLE GRAIN BISCUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ BAKED ZITI ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BYO BEEF CHILI RICE BOWL ½ CUP OF RICE(WHOLE GRAIN) ½ CUP OF CARROTS AND GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ LENTIL SOUP 6 OZ BBQ CHICKEN ½ CUP OF MASHED POTATO ½ CUP OF BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. BEEF MEATBALLS AND SPAGHETTI ½ CUP OF PASTA 1 WHOLE GRAIN ROLL 1CUP SIDE SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BUTTERNUT SQUASH SOUP 6OZ CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 WHOLE GRAIN PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ BAKED CHICKEN PARMESAN ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ ROASTED CHICKEN 1 BAKED POTATO 8 OZ. SIDE SALAD 1 WHOLE GRAIN ROLL FRESH FRUIT ½ PT. 1% LOW-FAT MILK	5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 MEXICAN VEGGIE AND CHEESE TACO ½ CUP STREET CORN ½ CUP SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ BRAISED BEEF STEW ½ CUP MASHED POTATO ½ CUP ROASTED VEGETABLE MEDLEY 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. ASIAN GLAZED GINGER CHICKEN RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ CUP STIR FRY VEGGIES 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE (WHOLE GRAIN ROLL ½ CUP OF PEPPERS AND ONIONS 1 CUP OF SIDE SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – WINTER 2025/26

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAR 2	MONDAY MAR 3	TUESDAY MAR 4	WEDNESDAY MAR 5	THURSDAY MAR 6	FRIDAY MAR 7	SATURDAY MAR 8
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 BLUEBERRY OAT BREAKFAST WHOLE GRAIN MUFFIN 2 VEGGIE BREAKFAST PATTY 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG AND CHEESE ON A WHOLE GRAIN ROLL 1 SLICE OF CANADIAN BACON 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 BLUEBERRY AND BANANA WHOLE GRAIN PANCAKE 1 TURKEY BREAKFAST SAUSAGE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ POTATO LEEK SOUP 6 OZ CHICKEN CAESAR WHOLE GRAIN WRAP 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ GROUND BEEF NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ITALIAN WEDDING SOUP 6 OZ CHICKEN TENDERS ½ CUP CARROTS AND PEAS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6OZ. TURKEY POT PIE ½ CUP SAUTÉED GARLIC AND HERB GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ MINESTRONE SOUP 6 OZ CRISPY CHICKEN RANCH WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CREAMY WINTER SQUASH SOUP 6 OZ SALMON OR 1 PIZZA 1 CUP SWEET POTATO WEDGES 1 CUP SIDE SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ TERIYAKI SALMON 1 CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ROASTED MEDITERRANEAN CHICKEN ½ CUP RICE PILAF WHOLE GRAIN 1 CUP CUCUMBER AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ VEGETABLE AND CHEESE QUESADILLA (WHOLE GRAIN WRAP) ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ SLOPPY JOE RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ OF GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	2 PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ PULLED PORK BURRITO ½ CUP RICE (WHOLE GRAIN) ½ CUP BLACK BEANS ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF POTATO WEDGES 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – WINTER 2025/26

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAR 9	MONDAY MAR 10	TUESDAY MAR 11	WEDNESDAY MAR 12	THURSDAY MAR 13	FRIDAY MAR 14	SATURDAY MAR 15
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 CUP MANGO AND PEACH OATMEAL BREAKFAST BOWL 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 OZ SCRAMBLED CHEESY EGGS 1 HASH BROWN 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 WHOLE GRAIN FRENCH TOAST 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 EGG, HAM AND SWISS ON A WHOLE GRAIN ENGLISH MUFFIN ½ CUP FRUIT SALAD 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	6 OZ HOT OATMEAL COCONUT AND BERRIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 OZ SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ FRENCH ONION SOUP 6 OZ CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ASIAN STYLE BEEF MEATBALL RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ CUP STIR FRY VEGGIES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CHEESE TORTELLINI IN A BASAL TOMATO SAUCE ½ CUP GREEN BEANS 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CHICKEN TORTILLA SOUP 2 CHICKEN TACO 2 OZ GUACAMOLE 2 OZ SALSA ½ CUP OF MEXICAN CORN SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CAULIFLOWER SOUP 6 OZ SALMON OR PIZZA 1 CUP SWEET POTATO WEDGES 1 CUP SIDE SALAD FRESH FRUIT ½ PT. FAT-FREE CHOCOLATE MILK ½ PT. 1% LOW-FAT MILK	6 OZ CHICKEN PARMESAN OVER PASTA ½ CUP GREEN BEANS WITH GARLIC 1 WHOLE GRAIN ROLL 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ CHICKEN CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 BYO HAMBURGER 1 CUP CAESAR SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ GROUND TURKEY RICE BOWL ½ CUP RICE (WHOLE GRAIN) ½ CUP BROCCOLI 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	8 CHICKEN AND VEGGIE AND KALE DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ TERIYAKI BEEF ½ CUP RICE ½ CUP STIR FRY VEGGIES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ HERB ROASTED CHICKEN ½ CUP OF ROASTED POTATO WEDGES ½ CUP ROASTED GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 ROASTED PORK LOIN ½ CUP CARROT AND PEAS ½ RICE (WHOLE GRAIN) FRESH FRUIT 1 CUP OF SALAD ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL