

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
MID-MORNING SNACK	Cereal with Fruit Milk	Bagels with Fruit Milk	Muffins with Fruit Milk	Scrambled Eggs with Cheese Milk	Toasted Raisin Bread with Fruit Milk
LUNCH Meat or Alternative	Sausage Patties	Tuna Melt Quesadilla	Homemade Chicken Ranch Pasta Bake	Texas Rice with Ground Beef & Vegetables	Vegetarian Chili and Corn Bread
Grain Products	Perogies	Whole Wheat Tortillas			
Vegetable	Bean Salad	Cucumber Slices	Spinach Salad	Veggies in the Rice	Veggies in the Chili
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other foods	Sour Cream			Sour Cream	Shredded Cheese
MID-AFTERNOON SNACK	Arrowroots with Fruit Water	Veggie Sticks with Tzatziki Dip & Melba Toast Water	Roasted Red Pepper Dip & Tortilla Chips Water	Cheese & Crackers with Pickles Water	Pumpnickel Bread & Spinach Dip Water

* Menu items are subject to change due to availability and season. Changes will be noted on the posted copies at each centre.

* These menus have been reviewed by a Registered Dietician.