

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
MID-MORNING SNACK	Animal Crackers & Pineapple Milk	Greek Yogurt with Homemade Granola (e.g., chia seeds, flax seeds, pumpkin seeds) Milk	Rye Toast & Cream Cheese Milk	No Bake Granola Bars with Fruit Milk	Peaches & Cottage Cheese Milk
LUNCH Meat or Alternative	Salmon/Tuna Salad Sandwich	Chicken Fajitas	Vegetarian Egg Frittata	Korean Beef Bowl	Pulled Pork
Grain Products	Whole Wheat Bread	Tortillas	Melba Toast	Long grain Rice	Whole Wheat Buns
Vegetable	Spinach Salad With Fresh Berries	Peppers/Onions	Cucumber Slices	Stir-fry Vegetables	Coleslaw
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other foods		Shredded Cheese Sour Cream Salsa			
MID-AFTERNOON SNACK	Cheese & Crackers with Pickles Water	Veggie Plate with Pretzels & Dip Water	Digestive Cookies & Bananas Water	Black Bean Brownies & Fruit Water	Veggie Cream Cheese Roll Ups 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.