

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
MID-MORNING SNACK	Digestive Cookies & Applesauce Milk	Bagels & Cream Cheese Milk	Scrambled Eggs & Whole Grain Crackers Milk	Graham Crackers & Mandarin Oranges Milk	Coconut Oatmeal Breakfast Bar & Fruit Milk
LUNCH Meat or Alternative	Tuna Melts	Chicken Enchiladas	Vegetarian Lasagna	Greek Chicken	Sloppy Joes (hamburger beef)
Grain Products	English Muffins	Long Grain Rice		Pita Bread	Whole Wheat Buns
Vegetable	Bean Salad	Peppers & Onions	Caesar Salad	Greek Salad	Baby Carrots
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other foods				Tzatziki	
MID-AFTERNOON SNACK	Kielbasa Sausage, Cheese & Pickles Water	Oatmeal Cranberry Bar with Fruit Water	Pumpnickel & Spinach Dip Water	Creamy Edamame Dip with Rice Crackers Water	Apples with Sunflower Butter 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.