

Spring Menu - March 20th to June 20th - Week 1



	Meatless Monday	Smoothie Tuesday	Wild Wednesday	Tasty Thursday	Fun Friday
Am Snack	<p>Cheesy Veggie Scramble Scrambled egg, diced bell peppers, grated cheese Side: banana</p>	<p>Strawberry Smoothie & Toast Strawberries, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p>	<p>Homemade Apple Cinnamon Oatmeal Whole grain rolled oats, diced apples, cinnamon, milk</p>	<p>Apple Yogurt Parfait Plain 2% yogurt sweetened with pure maple syrup, rice crispies, diced apples</p>	<p>Homemade Rice Cereal Bar & Strawberries Rice crispies, strawberries, glass of milk</p>
Lunch	<p>Gluten-free Spaghetti with Lentil Spinach Bolognese Brown rice rotini, lentils, pasta sauce, fresh spinach, glass of milk Side: pear slices</p>	<p>Green Egg Salad Sandwich Whole grain bread, eggs, avocado, glass of milk Side: apple slices</p>	<p>Homemade Sheppard's Pie Ground beef, mashed potato, green peas, grated cheese, whole grain dinner roll Side: grapes</p>	<p>Chicken Quesadillas with Homemade Guacamole Whole wheat wrap, diced chicken breast, diced bell peppers, grated cheese, avocado Side: strawberries</p>	<p>Tuna Salad Wrap & Sautéed Asparagus Tuna, real mayo, romaine lettuce, whole grain wrap, sautéed asparagus, glass of milk Side: apple slices</p>
PM Snack	<p>Crackers & Goat's Cheese Whole grain crackers, goat's cheese, apple slices</p>	<p>Homemade Lemon Hummus Chickpeas, carrot sticks, cheese cubes</p>	<p>Build Your Own Pizza Rolls Whole wheat wrap, pasta sauce, diced bell peppers, grated cheese</p>	<p>Crunchy Roasted Chickpeas Chickpeas, cucumber slices, glass of milk</p>	<p>Homemade Strawberry Fro-Yo & Trail Mix Whole grain cereal & dried fruit mix, strawberries, plain 2% yogurt naturally sweetened with pure maple syrup</p>

All meals and snacks served with water to drink

Spring Menu - March 20th to June 20th - Week 2



	Meatless Monday	Smoothie Tuesday	Wild Wednesday	Tasty Thursday	Fun Friday
Am Snack	<p>Cheesy Egg & Veggie "Muffins" Egg, diced tomato, grated cheese Side: banana</p>	<p>Cherry Smoothie & Toast Cherries, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p>	<p>Strawberries & O's Cheerios, diced strawberries, milk</p>	<p>Strawberry Yogurt Parfait Plain 2% yogurt sweetened with pure maple syrup, rice crispies, diced strawberries</p>	<p>Cottage Cheese On Toast Cottage cheese, sliced tomato, whole grain toast Side: sliced apples</p>
Lunch	<p>Greek Pita with Homemade Hummus Whole grain pita, chickpeas, cucumber, tomato, goat's cheese Side: pineapple</p>	<p>Chicken & Veggie Stir-fry Diced chicken breast, brown rice, mixed veggies, glass of milk Side: papaya</p>	<p>Eggy English Muffin Egg Wholegrain english muffin, tomato, cucumber, romaine lettuce, cheddar cheese Side: cherries</p>	<p>Homemade Meat Lasagna Ground beef, lasagna noodles, pasta sauce with spinach, cottage cheese Side: sliced apples</p>	<p>Tuna Salad Sandwich Tuna, real mayo, whole grain bread, diced bell pepper, romaine lettuce, glass of milk Side: strawberries</p>
PM Snack	<p>Banana Ricotta Rolls Whole wheat wrap, ricotta cheese, banana</p>	<p>Homemade Lemon Hummus Chickpeas, cucumber, cheese cubes</p>	<p>Veggies, Pitas, & Homemade Yogurt Ranch Dip Broccoli, cauliflower, 2% plain yogurt, homemade ranch seasoning, whole grain pita</p>	<p>Cottage Cheese Plate Plain 2% cottage cheese, carrot sticks, whole grain crackers</p>	<p>Homemade Cherry Fro-Yo & Trail Mix Whole grain cereal & dried fruit mix, cherries, plain 2% yogurt sweetened with pure maple syrup</p>

All meals and snacks served with water to drink

Spring Menu - March 20th to June 20th - Week 3



	Meatless Monday	Smoothie Tuesday	Wild Wednesday	Tasty Thursday	Fun Friday
Am Snack	<p>Breakfast Plate Hardboiled egg, grapes, cheese cubes</p>	<p>Banana Smoothie & Toast Banana, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p>	<p>Homemade Banana Oatmeal Whole grain rolled oats, banana, milk</p>	<p>Cherry Yogurt Parfait Plain 2% yogurt sweetened with pure maple syrup, rice crispies, cherries</p>	<p>Homemade Sugar-free Banana Oatmeal Muffins Whole grain flour, rolled oats, banana, sweetened with apple sauce, glass of milk</p>
Lunch	<p>Spanish Black Bean Casserole Brown rice, diced tomatoes, corn niblets, black beans, shredded cheese Side: orange wedges</p>	<p>Egg Burrito Whole grain wrap, scrambled egg, diced bell pepper, shredded cheese, salsa Side: cherries</p>	<p>Homemade Mini Beef Burgers Ground beef, whole grain mini buns, cheddar cheese, carrot sticks Side: strawberries</p>	<p>Gluten-free Chicken Pasta Salad Brown rice rotini, green peas, diced chicken breast, homemade creamy avocado "dressing", glass of milk Side: pineapple</p>	<p>Homemade Salmon & Potato Burgers with Sautéed Asparagus Salmon, potato, whole wheat bun, glass of milk, asparagus Side: sliced apples</p>
PM Snack	<p>Mini Fruit Pizza Whole wheat wrap, ricotta cheese, sliced strawberries</p>	<p>Homemade Lemon Hummus Chickpeas, sliced bell peppers, cheese cubes</p>	<p>Build Your Own Pizza Rolls Whole wheat wrap, pasta sauce, cherry tomatoes, grated cheese</p>	<p>Crunchy Roasted Chickpeas Chickpeas, carrot sticks, glass of milk</p>	<p>Homemade Banana Fro-Yo & Trail Mix Whole grain cereal & dried fruit mix, banana, plain 2% yogurt sweetened with pure maple syrup</p>

All meals and snacks served with water to drink

Spring Menu - March 20th to June 20th - Week 4



	Meatless Monday	Smoothie Tuesday	Wild Wednesday	Tasty Thursday	Fun Friday
Am Snack	<p>Veggie Frittata Egg, fresh spinach, shredded cheese Side: orange wedges</p>	<p>Mango Smoothie & Toast Mango, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p>	<p>Bananas & O's Cheerios, milk, diced banana</p>	<p>Banana Yogurt Parfait Plain 2% yogurt sweetened with pure maple syrup, rice crispies, diced banana</p>	<p>French Toast Fingers with Apple Sauce Whole grain bread, egg, unsweetened apple sauce, glass of milk</p>
Lunch	<p>Gluten-free Mexican Black Bean Pasta Salad Brown rice rotini, black beans, bell pepper, corn niblets, cheddar cheese Side: sliced mangos</p>	<p>Thai Chicken Rice Wraps Rice paper wraps, chicken breast, romaine lettuce, grated carrots, soy sauce Side: blueberries</p>	<p>Egg Salad Wrap & Homemade Asparagus Soup Egg, real mayo, whole wheat wrap, fresh asparagus Side: strawberries</p>	<p>Roast Beef Sliders Homemade roast beef, whole wheat mini buns, potatoes, steamed broccoli, glass of milk Side: sliced apples</p>	<p>Baked Lemon Fish White fish filet, lemon, brown rice, peas & carrots, glass of milk Side: grapes</p>
PM Snack	<p>Cottage Cheese Plate Plain 2% cottage cheese, sliced cucumber, whole grain crackers</p>	<p>Cheese & Fruit Plate Cheese cubes, whole grain crackers, apple slices</p>	<p>Veggies, Pitas, & Homemade Yogurt Ranch Dip Colourful bell peppers, 2% plain yogurt, homemade ranch seasoning, whole grain pita</p>	<p>Homemade Lemon Hummus Chickpeas, broccoli, cauliflower, cheese cubes</p>	<p>Homemade Mango Fro-Yo & Trail Mix Whole grain cereal & dried fruit mix, mango, plain 2% yogurt sweetened with pure maple syrup</p>

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