



## Summer - June 21st to Sept 22nd - Week 1

	Meatless Monday	Smoothie Tuesday	Wild Wednesday	Tasty Thursday	Fun Friday
Am Snack	<p><b>Cheesy Veggie Scramble</b> Scrambled egg, diced broccoli, grated cheese Side: banana</p>	<p><b>Blueberry Smoothie &amp; Toast</b> Blueberries, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p>	<p><b>Homemade Peach Cobbler Oatmeal</b> Whole grain rolled oats, diced peaches, sweetened with pure maple syrup, cinnamon, milk</p>	<p><b>Blueberry Yogurt Parfait</b> Plain 2% yogurt sweetened with pure maple syrup, rice crispies, fresh blueberries</p>	<p><b>Peaches &amp; O's</b> Cheerios, diced fresh peaches, milk</p>
Lunch	<p><b>Chickpea &amp; Veggie Stir-fry</b> Asian rice noodles, diced broccoli, chopped baby bok choy, soy sauce, glass of milk Side: blueberries</p>	<p><b>Homemade Chicken Fingers &amp; Roasted Sweet Potatoes</b> Breaded chicken breast, sweet potatoes, whole grain roll, glass of milk Side: sliced peaches</p>	<p><b>Egg Quesadilla with Homemade Guacamole</b> Whole grain tortilla, scrambled egg, diced tomatoes, avocado, grated cheese, salsa Side: watermelon</p>	<p><b>Spaghetti Squash with Homemade Meat Balls in Tomato Sauce</b> Ground beef, tomato &amp; spinach sauce, spaghetti squash, whole grain dinner roll, glass of milk Side: cantaloupe</p>	<p><b>Salmon Pinwheels &amp; Veggie Sticks with Homemade Yogurt Ranch Dip</b> Salmon, real mayo, whole grain wrap, lettuce, plain 2% yogurt, glass of milk Side: celery &amp; carrot</p>
PM Snack	<p><b>Rice Cakes</b> Brown rice cake, goat cheese, homemade sugar-free strawberry flaxseed jam Side: grapes</p>	<p><b>Cheese &amp; Fruit Plate</b> Cheese cubes, whole grain crackers, grapes</p>	<p><b>Build Your Own Mini Fruit Pizza</b> Whole wheat wrap, ricotta cheese, assorted fresh fruit for topping</p>	<p><b>Homemade Lime Black Bean Dip</b> Black beans, snap peas, cheese cubes</p>	<p><b>Blueberry Yogurt Ice Lollies with Homemade Snack Bar</b> Rolled oats, dates, flax seeds, blueberries, plain 2% yogurt, sweetened with pure maple syrup</p>

All meals and snacks served with water to drink



## Summer - June 21st to Sept 22nd - Week 2

	Meatless Monday	Smoothie Tuesday	Wild Wednesday	Tasty Thursday	Fun Friday
Am Snack	<p><b>Cheesy Egg &amp; Veggie "Muffins"</b> Egg, green peas, grated cheese Side: plum</p>	<p><b>Raspberry Smoothie &amp; Toast</b> Raspberries, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p>	<p><b>Homemade Raspberry Maple Oatmeal</b> Whole grain rolled oats, fresh raspberries, sweetened with pure maple syrup, cinnamon, milk</p>	<p><b>Apricot Yogurt Parfait</b> Plain 2% yogurt sweetened with pure maple syrup, rice crispies, blueberries</p>	<p><b>Cottage Cheese On Toast</b> Cottage cheese, sliced cucumber, whole grain toast Side: cherry tomatoes</p>
Lunch	<p><b>Veggie Burger</b> Baked veggie burger, cheddar cheese, whole grain bun, lettuce &amp; tomato Side: watermelon</p>	<p><b>Chicken Curry with Brown Rice &amp; Peas</b> Diced chicken breast, brown rice, green peas, glass of milk Side: grapes</p>	<p><b>Breakfast for Lunch</b> Scrambled eggs, sweet potato "home fries", glass of milk Side: apricot</p>	<p><b>Beef Fajitas</b> Sliced sautéed beef, sliced bell peppers, guacamole, grated cheese, salsa Side: plum</p>	<p><b>Gluten-free Tuna Pasta Salad</b> Brown rice rotini, diced celery &amp; green beans, glass of milk Side: raspberries</p>
PM Snack	<p><b>Rice Cakes</b> Brown rice cake, goat cheese, homemade sugar-free raspberry flaxseed jam Side: cantaloupe</p>	<p><b>Homemade Lime Black Bean Dip</b> Black beans, celery &amp; carrot sticks, cheese cubes</p>	<p><b>Veggies, Pitas, &amp; Homemade Yogurt Ranch Dip</b> Green &amp; Yellow beans, 2% plain yogurt, homemade ranch seasoning, whole grain pita</p>	<p><b>Colourful Melon Salad with Cheese &amp; Crackers</b> Watermelon, cantaloupe, honeydew, whole grain crackers, cheddar cheese</p>	<p><b>Raspberry Yogurt Ice Lollies with Homemade Snack Bar</b> Rolled oats, dates, flax seeds, raspberries, plain 2% yogurt, sweetened with pure maple syrup</p>

All meals and snacks served with water to drink



## Summer - June 21st to Sept 22nd - Week 3

	Meatless Monday	Smoothie Tuesday	Wild Wednesday	Tasty Thursday	Fun Friday
Am Snack	<p><b>Breakfast Plate</b> Hardboiled egg, cantaloupe, cheese cubes</p>	<p><b>Peach Smoothie &amp; Toast</b> Peaches, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p>	<p><b>Homemade Blueberry Oatmeal</b> Whole grain rolled oats, blueberries, sweetened with pure maple syrup, cinnamon, milk</p>	<p><b>Watermelon Yogurt Parfait</b> Plain 2% yogurt sweetened with pure maple syrup, rice crispies, watermelon</p>	<p><b>Homemade Sugar-free Banana Peach Muffins</b> Whole grain flour, rolled oats, banana, peach, sweetened with apple sauce, glass of milk</p>
Lunch	<p><b>Marinated Tofu &amp; Veggie Skewers</b> Tofu, brown rice, cherry tomato, zucchini, glass of milk Side: sliced peaches</p>	<p><b>Chicken Pizza</b> Whole grain pizza dough, chicken breast, tomato sauce, bell peppers, zucchini, mozzarella Side: apricot</p>	<p><b>Cobb Salad</b> Hardboiled egg, lettuce, tomato, whole grain roll, cheddar cheese Side: blackberries</p>	<p><b>Sloppy Joes</b> Whole grain bun, ground beef, tomato sauce, diced peppers, glass of milk Side: blueberries</p>	<p><b>Fish tacos</b> White fish, corn tortilla shell, tomato, guacamole, grated cheese Side: watermelon</p>
PM Snack	<p><b>Rice Cakes</b> Brown rice cake, goat cheese, homemade sugar-free blueberry flaxseed jam Side: grapes</p>	<p><b>Summer Berry Salad with Cheese &amp; Crackers</b> Blackberries, strawberries, blueberries, whole grain crackers, cheddar cheese</p>	<p><b>Build Your Own Mini Fruit Pizza</b> Whole wheat wrap, ricotta cheese, assorted fruit for topping</p>	<p><b>Homemade Lime Black Bean Dip</b> Black beans, cucumber slices, cheese cubes</p>	<p><b>Peach Yogurt Ice Lollies with Homemade Snack Bar</b> Rolled oats, dates, flax seeds, peaches, plain 2% yogurt, sweetened with pure maple syrup</p>

All meals and snacks served with water to drink



## Summer - June 21st to Sept 22nd - Week 4

	Meatless Monday	Smoothie Tuesday	Wild Wednesday	Tasty Thursday	Fun Friday
Am Snack	<p><b>Veggie Frittata</b> Eggs, diced tomato, shredded cheese Side: banana</p>	<p><b>Cherry Smoothie &amp; Toast</b> Cherries, plain 2% yogurt sweetened with pure maple syrup, whole grain toast with butter</p>	<p><b>Raspberries &amp; O's</b> Cheerios, milk, raspberries</p>	<p><b>Raspberry Yogurt Parfait</b> Plain 2% yogurt sweetened with pure maple syrup, rice crispies, fresh raspberries</p>	<p><b>French Toast Fingers with sugar-free Strawberry Sauce</b> Whole grain bread, strawberries, ground flaxseeds, glass of milk</p>
Lunch	<p><b>Hummus Pinwheels</b> Whole wheat wrap, homemade hummus lettuce, cucumber, tomato, glass of milk Side: raspberries</p>	<p><b>Gluten-free Pasta Casserole with Meat Sauce</b> Brown rice penne, ground beef, tomato sauce, spinach, shredded cheese Side: blackberries</p>	<p><b>Egg Dippers</b> Soft boiled eggs Whole grain toast "fingers" Sweet potato home fries Glass of milk Side: cantaloupe</p>	<p><b>Grilled Chicken &amp; Pineapple Kebabs with Rice</b> Grilled chicken, pineapple, cherry tomatoes, bell peppers, brown rice glass of milk</p>	<p><b>Tuna Melt &amp; Garden Salad</b> Whole grain bread, tuna, grated cheese, chopped romaine lettuce, diced tomato Side: sliced peaches</p>
PM Snack	<p><b>Rice Cakes</b> Brown rice cake, goat cheese, homemade sugar-free blackberry flaxseed jam Side: apricots</p>	<p><b>Homemade Lime Black Bean Dip</b> Broccoli and cauliflower "trees", cheese cubes</p>	<p><b>Veggies, Pitas, &amp; Homemade Yogurt Ranch Dip</b> Colourful bell peppers, 2% plain yogurt, homemade ranch seasoning, whole grain pita</p>	<p><b>Cottage Cheese Plate</b> Plain 2% cottage cheese, whole grain crackers, cherry tomatoes</p>	<p><b>Cherry Yogurt Ice Lollies with Homemade Snack Bar</b> Rolled oats, dates, flax seeds, cherries, plain 2% yogurt, sweetened with pure maple syrup</p>

All meals and snacks served with water to drink