

For Dates: Jun 23-27 // July 21 – 25, Aug 18-22

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cheerios with Applesauce	Yogurt with Granola	Snacking Pita & Fruit	Cheese & WW Crackers	Raisin Bread with Apple Cinnamon Dip
Lunch (includes fruit & 2% milk)	Homemade Macaroni & Cheese with Squash	Honey Garlic Chicken with Steamed Rice, Peas & Carrots	Beef Meatball with Mashed Potato, Gravy & Corn	Chicken Vegetable Fried Rice	Turkey & Cheese Sandwich on wholewheat bread (with mayo) Cabbage Coleslaw
Afternoon Snack	Digestive Cookies & Fruit	WW English Muffin with Jam & Veggies	WW Pretzels with Creamcheese	Muffin & Fruit	Nachos & Salsa
Veg Lunch Option (includes eggs & dairy)	-	Honey Garlic Tofu with Steamed Rice, Peas & Carrots	Veggie Balls with Mashed Potato, Gravy & Corn	Tofu Vegetable Fried Rice	Grilled Veggie & Cheese Sandwich on wholewheat bread

WG = Whole grain, WW = Whole Wheat, MG = Multigrain

Fruit = Fruit will vary day to day, based on availability/seasonality. Fruit provided can be fresh, canned or frozen (always plain or unsweetened). Fruit choices may include apples, pears, oranges, pineapple, cantaloupe, watermelon etc. Assorted veggies = Veggies/veggie sticks vary day to day, based on availability/seasonality. Veggies provided can be fresh, canned or frozen. Veggie choices may include carrots, celery, bell peppers, cucumbers, cauliflower, broccoli, zucchini etc.

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Jun 2-6 // Jun 30-Jul 4, July 28-31

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	MG Shreddies with Applesauce	Yogurt Tube & Rice Cake	½ Cheese Sandwich on wholewheat bread	Mini Scone & Fruit	Fruit Yogurt Parfait (Peach)
Lunch (includes fruit & 2% milk)	Cheese & Potato Perogies Steamed Edamame	Chicken Vegetable Noodle Stir-fry (egg-free)	Salisbury Beef Meatballs (mushrooms) with Mashed Potatoes, Peas & Corn	Chicken Shawarma on Steamed Rice with Veggies	Pasta with Meat Sauce & Carrots
Afternoon Snack	Arrowroot Cookies & Fruit	Goldfish Crackers with Fruit	Veggies & Herb Dip	Mixed Berry Animal Crackers & Fruit	Mini Brioche & Fruit
Veg Lunch Option (includes eggs & dairy)	-	Tofu Vegetable Noodle Stir-fry (egg-free)	Salisbury Veggie Balls (mushrooms) with Mashed Potatoes, Peas & Corn	Stewed Beans on Steamed Rice with Veggies	Pasta with Tomato Sauce, Carrots & Cheese

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For Dates: Jun 9-13 // Jul 7-11, Aug 4*-8

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	WG Cheerios with Applesauce	Yogurt with Granola	Cheese & WW Crackers	Snacking Pita & Fruit	Raisin Bread with Apple Cinnamon Dip
Lunch (includes fruit & 2% milk)	Mac & Cheese with Squash	Tuna Salad Sandwich on a wholewheat bun Garden Salad with Italian Dressing	Beef Taco on a whole wheat tortilla (lean ground beef, salsa, cheese & veggies)	Chicken Fingers with Baked Potato Wedges & Corn	Chicken Parmesan Pasta with Carrots
Afternoon Snack	Digestive Cookies & Fruit	WW English Muffin with Jam & Veggies	WW Pretzels with Creamcheese	Nachos & Salsa	Muffin & Fruit
Veg Lunch Option (includes eggs & dairy)	-	-	Black Bean Corn Taco on a whole wheat tortilla (black beans, salsa, cheese & veggies)	BBQ Veggie Balls with Baked Potato Wedges & Corn	Vegetarian Parmesan Pasta (soy) with Carrots

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**On the Tuesday after a Monday statutory holiday, the Tuesday snacks will be delivered the week before – and the Monday lunch may be delivered on the Tuesday.*



For Dates: Jun 16-20 // Jul 14-18, Aug 11-15

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Multigrain Shreddies & Applesauce	Yogurt Tube & Rice Cake	½ Cheese Sandwich on wholewheat bread	Mini Scone & Fruit	Fruit Yogurt Parfait (Mixed Berry)
Lunch (includes fruit & 2% milk)	Cheese & Potato Perogies Steamed Edamame	Creamy Chicken Pasta with Broccoli	Red Kidney Bean Spinach Curry on Basmati Rice	Chicken Nuggets with Baked Hash Browns & Carrots	Beef Goulash Pasta (lean beef, sweet peppers)
Afternoon Snack	Arrowroot Cookies with Fruit	Goldfish Crackers with Fruit	Mixed Berry Animal Crackers & Fruit	Veggies & Herb Dip	Mini Brioche & Fruit
Veg Lunch Option (includes eggs & dairy)	-	Creamy Pasta with Cannellini Beans & Broccoli	-	Veggie Patty with Baked Hash Browns & Carrots	Vegetarian Goulash Pasta (chickpeas, sweet peppers)

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