



SPRING/SUMMER MENU 2023

Weeks of: May 8th, June 5th, July 4th & 31st, Aug. 28th, Sept. 25th, Oct. 23rd

Preschool – School Age No Whole Egg Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Filipino Style Chicken Pancit w/ Brown Rice Noodles (*broccoli, cabbage, *carrots, cauliflower, chicken, *peas, rice noodles) Fresh Fruit	Garlic Breadstick Yummy Tomato & Bean Marinara
TUESDAY	Whole Wheat English Muffin Cinnamon Spread	Extra Lean Beef Meatballs with Tomato Sauce Vegetable Rotini *Spring Mix Salad Fresh Fruit	Fresh Fruit Whole Grain Parmesan Triscuits
WEDNESDAY	Apple Cinnamon Cereal Mix Diced *Melon Milk	Baked Pollock Fish Wedge Rainbow Rice (*carrots, celery, corn, *kale, onions, rice) Fresh Fruit	Whole Grain Orange and Zucchini Loaf 100% Pear & Apple Fruit Puree
THURSDAY	Marble Cheese Cracked Wheat Crackers	Turkey Sloppy Joe Whole Wheat Bun *Green Salad Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
FRIDAY	Whole Grain Vegan Lemon Chia Muffin Hat 100% Strawberry, Mango, Apple Fruit Puree	Lebanese Stew (barley, *carrots sliced, chickpeas, *green/red peppers, onions, potatoes, *zucchini) Fresh Fruit	Fresh Vegetables Onion Bun

Milk and/or Water are served with lunch and snacks

- * Indicates Dark Green and/or Dark Orange Fruit or Vegetable Offered Daily
- Menu approved by a registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes

YUMMY

SPRING/SUMMER MENU 2023

Weeks of: May 15th, June 12th, July 10th, Aug. 8th, Sept. 5th, Oct. 2nd & 30th

Preschool – School Age No Whole Egg Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Lemon Dill Pasta & Chicken (chicken, corn, *green/red peppers, onion, lentils) *Spring Mix Salad Fresh Fruit	Blueberry Oat Bun Fresh Fruit
TUESDAY	Waffles 100% Apple & Maple Fruit Puree	Thai Chicken & Vegetables (*bell pepper strips, *broccoli, *carrots (yellow & orange), chicken, *green beans, onions) Brown Rice Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers
WEDNESDAY	Banana Oatmeal Bar	Veggie Taco Whole Wheat Tortilla *Green Salad Fresh Fruit	Fresh Fruit Whole Grain Spice Snaps
THURSDAY	Vegan Brioche Bread 100% Peach & Apple Fruit Puree	Creamy Basil Pasta Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *spinach, corn, tomatoes, cucumber, quinoa) Fresh Fruit	Whole Grain Cheese Bites *Fresh Carrots
FRIDAY	Yogurt Fresh Fruit	Baked Extra Lean Beef Burgers Whole Wheat Bun *PEI Mixed Vegetables (*carrots, *green & yellow beans) Fresh Fruit	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

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SPRING/SUMMER MENU 2023

Weeks of: May 23rd, June 19th, July 17th, Aug. 14th, Sept. 11th, Oct. 10th,

Preschool – School Age No Whole Egg Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Chicken Mac & Cheese *Spring Mix Salad Fresh Fruit	Garlic Breadstick Chunky Chickpea Salad
TUESDAY	Whole Wheat English Muffin Cinnamon Spread	Baked Haddock & Cod Fish Cakes Vegetable Couscous (*bell peppers, *carrots, couscous, onion, *spinach) Fresh Fruit	Fresh Fruit Whole Grain Garden Veggie Bites
WEDNESDAY	Apple Cinnamon Cereal Mix Diced *Melon Milk	Baked Breaded Chicken Burger Whole Wheat Bun *Broccoli & Cauliflower Fresh Fruit	Whole Grain Mixed Berry Loaf 100% Raspberry & Apple Fruit Puree
THURSDAY	Marble Cheese Cracked Wheat Crackers	Extra Lean Beef Meatballs with Yummy Tomato Sauce Brown Rice *Green Salad Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
FRIDAY	Whole Grain Vegan Banana & Oat Muffin Hat 100% Tropical Fruit Puree	Yummy Chickpea Ratatouille (chickpeas, *diced carrots, corn, eggplant, mushrooms, onion, *peas, shell pasta, *zucchini) Fresh Fruit	Fresh Vegetables Onion Bun

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- Water is available at all times
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YUMMY

SPRING/SUMMER MENU 2023

Weeks of: May 29th, June 26th, July 24th, Aug. 21st, Sept. 18th, Oct. 16th

Preschool – School Age No Whole Egg Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Baked Pollock Fish Sandwich Whole Wheat Pita Pouch *Mixed Vegetable Blend (*broccoli,*carrots(orange /yellow),*green beans) Fresh Fruit	Apple Oat Bun Fresh Fruit
TUESDAY	Waffles Raspberry Crumble and Apple 100% Fruit Puree	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Spring Mix Salad Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers
WEDNESDAY	Blueberry Oatmeal Bar	Summer Veggie Chili (black beans, *carrots, corn, *green/red peppers, kidney beans, onions, soy protein, *squash, tomatoes) Whole Wheat Home-Style Bread Fresh Fruit	Fresh Fruit Multigrain Wheat Thins
THURSDAY	Vegan Brioche Bread 100% Passion Fruit Blend Puree	Baked Spinach, Feta & Chicken Kafta Yummy Golden Barley *Green Salad Fresh Fruit	Whole Grain Cheese Bites *Fresh Carrots
FRIDAY	Yogurt Fresh Fruit	FUN FRIDAY! (Please see posting for the special menu)	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

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