

SCHOOL MENU WINTER 2024-25

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Dec 22	MONDAY Dec 23	TUESDAY Dec 24	WEDNESDAY Dec 25	THURSDAY Dec 26	FRIDAY Dec 27	SATURDAY Dec 28
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE THREE BERRY AND OAT BREAKFAST MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WESTERN SCRAMBLED EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 MIXED BERRIES PANCAKE 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
1 CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 GROUND BEEF NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN BACON RANCH ON A BUN ½ CUP GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ MINISTRONE SOUP 1 PEPPERONI FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	6 OZ FRENCH ONION SOUP 4 CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ FISH FILET SANDWICH ½ CUP COLE SLAW FRESH FRUIT ½ PT MILK	6 OZ SOUP OF THE DAY DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ ROASTED CHICKEN ½ CUP CORNBREAD ½ CUP COLLARD GREENS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ. TURKEY POT PIE ½ CUP SAUTÉED GARLIC AND HERB BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ KOREAN GROUND BEEF RICE BOWL ½ CUP ROASTED GINGER GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF ROASTED POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ STEAK QUESADILLA ½ CUPS VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

<ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE 	<ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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SCHOOL MENU WINTER 2024-25

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY DEC 29	MONDAY DEC 30	TUESDAY DEC 31	WEDNESDAY JAN 1	THURSDAY JAN 2	FRIDAY JAN 3	SATURDAY JAN 4
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 CUP MAPLE BERRY OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT ½ CUP MIXED BERRY FRUIT CUP ½ PT MILK ½ PT OJ	SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 STUFFED FRENCH TOAST 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, CHORIZO AND PEPPER JACK CHEESE ON A KOSHER ROLL ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 HOT OATMEAL COCONUT AND BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ BAKED ZITI 1 CUP OF ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 CHICKEN TENDERS 1 CUP OF ROASTED POTATO WEDGES ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ MAC AND CHEESE BOWL WITH ASSORTED TOPPING ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED TURKEY WITH GRAVY ½ CUP MASHED POTATO ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHEESE TORTELLINI IN A CREAMY BASIL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. ROASTED BUTTERNUT SQUASH SOUP 6 OZ BAKED CEDAR PLANK SALMON ½ CUP CORNBREAD 1 CUP OF KALE SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN PARMESAN OVER COUS COUS ½ CUP GREEN BEANS WITH GARLIC 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ CHICKEN CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ BYO BURGER BAR WITH ASSORTED TOPPINGS 1 CUP WEDGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HERB ROASTED CHICKEN ½ CUP OF PARMESAN ROASTED POTATO WEDGES ½ CUP ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 CHOICE OF CHICKEN DUMPLINGS OR VEGGIE AND KALE DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PIZZA 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6OZ GROUND TURKEY RICE BOWL ½ CUP RICE ½ CUP CORN RELISH 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 FISH AND CHIPS ½ CUP BROCCOLI ½ POTATO WEDGES FRESH FRUIT 1 CUP OF SALAD ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU WINTER 2024-25

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JAN 5	MONDAY JAN 6	TUESDAY JAN 7	WEDNESDAY JAN 8	THURSDAY JAN 9	FRIDAY JAN 10	SATURDAY JAN 11
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH APPLE COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT CROISSANT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE APPLE AND OAT MUFFIN 2 VEGGIE SAUSAGE ½ CUP FRESH BERRIES ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER WHOLE WHEAT TOAST 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
2 SPINACH LASAGNA ROLLS ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SWISS TURKEY BURGER ON A WHOLE WHEAT BUN 1 CUP HOUSE CHOPPED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO AND BASIL SOUP 1 SOURDOUGH GRILLED CHEESE AND BACON SANDWICH ½ CUP OF BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN SOUP 6 OZ BYO BEEF CHILI RICE BOWL ½ CUP ROASTED CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ HERB AND GARLIC ROASTED CHICKEN ½ CUP VEGETABLE MEDLEY ½ CUP ROASTED SWEET POTATO 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH AND CHIPS ½ CUP POTATO WEDGES ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. APPLE CIDER ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED WILD SALMON ½ CUP OF BAKED POTATO ½ CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN GLAZED TURKEY MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP CAULIFLOWER 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU WINTER 2024-25

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JAN 12	MONDAY JAN 13	TUESDAY JAN 14	WEDNESDAY JAN 15	THURSDAY JAN 16	FRIDAY JAN 17	SATURDAY JAN 18
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	MEXICAN SCRAMBLED EGG 2 OZ AVOCADO AND SALSA FRESH FRUIT ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	SCRAMBLED EGGS WITH BRISKET HASH WITH CHEESE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ RIGATONI WITH ROASTED RED PEPPER PESTO ½ CUP GREEN BEANS 1 WHOLE GRAIN GARLIC STICK 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ LENTIL SOUP 1 ROASTED TURKEY, CHEDDAR CHEESE , SLICED APPLES ,ARUGULA WITH FIG SPREAD ON A CIABATTA ROLL 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF POT ROAST ½ CUP MASHED POTATOES ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ BUTTERNUT SQUASH SOUP 1 MAPLE BBQ GRILLED CHICKEN SANDWICH 1 CUP ARUGULA SALAD FRESH FRUIT ½ PT MILK	1 FOCACCIA PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST 1 BAKED POTATO 1 CUP. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK FAJITA BOWL ½ CUP BLACK BEAN AND RICE ½ CUP PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF MEATLOAF ½ CUP MASHED POTATO ½ CUP ROASTED VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. ASIAN GLAZED GINGER CHICKEN RICE BOWL ½ CUP CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS RICE BOWL ½ CUP OF RICE ½ CUP PEPPERS AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

<ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE 	<ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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SCHOOL MENU WINTER 2024-25

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JAN 19	MONDAY JAN 20	TUESDAY JAN 21	WEDNESDAY JAN 22	THURSDAY JAN 23	FRIDAY JAN 24	SATURDAY JAN 25
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE THREE BERRY AND OAT BREAKFAST MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	WESTERN SCRAMBLED EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 MIXED BERRIES PANCAKE 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
1 CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 GROUND BEEF NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN BACON RANCH ON A BUN ½ CUP GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ MINSTRONE SOUP 1 PEPPERONI FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	6 OZ FRENCH ONION SOUP 4 CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ FISH FILET SANDWICH ½ CUP COLE SLAW FRESH FRUIT ½ PT MILK	6 OZ SOUP OF THE DAY DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ ROASTED CHICKEN ½ CUP CORNBREAD ½ CUP COLLARD GREENS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ. TURKEY POT PIE ½ CUP SAUTÉED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ KOREAN GROUND BEEF RICE BOWL ½ CUP ROASTED GINGER GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF ROASTED POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ STEAK QUESADILLA ½ CUPS VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU WINTER 2024-25

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY JAN 26	MONDAY JAN 27	TUESDAY JAN 28	WEDNESDAY JAN 29	THURSDAY JAN 30	FRIDAY JAN 31	SATURDAY FEB 1
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 CUP MAPLE BERRY OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT ½ CUP MIXED BERRY FRUIT CUP ½ PT MILK ½ PT OJ	SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 STUFFED FRENCH TOAST 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, CHORIZO AND PEPPER JACK CHEESE ON A KOSHER ROLL ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 HOT OATMEAL COCONUT AND BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ BAKED ZITI ½ CUP OF ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 CHICKEN TENDERS 1 CUP OF ROASTED POTATO WEDGES ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ MAC AND CHEESE BOWL WITH ASSORTED TOPPING ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED TURKEY WITH GRAVY ½ CUP MASHED POTATO ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHEESE TORTELLINI IN A CREAMY BASIL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. ROASTED BUTTERNUT SQUASH SOUP 6 OZ BAKED CEDAR PLANK SALMON ½ CUP CORNBREAD 1 CUP OF KALE SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN PARMESAN OVER COUS COUS ½ CUP GREEN BEANS WITH GARLIC 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ CHICKEN CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ BYO BURGER BAR WITH ASSORTED TOPPINGS 1 CUP WEDGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HERB ROASTED CHICKEN ½ CUP OF PARMESAN ROASTED POTATO WEDGES ½ CUP ROASTED GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 CHOICE OF CHICKEN DUMPLINGS OR VEGGIE AND KALE DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PIZZA 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6OZ GROUND TURKEY RICE BOWL ½ CUP RICE ½ CUP CORN RELISH 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 FISH AND CHIPS ½ CUP BROCCOLI ½ POTATO WEDGES FRESH FRUIT 1 CUP OF SALAD ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU WINTER 2024-25

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY FEB 2	MONDAY FEB 3	TUESDAY FEB 4	WEDNESDAY FEB 5	THURSDAY FEB 6	FRIDAY FEB 7	SATURDAY FEB 8
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH APPLE COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT CROISSANT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE APPLE AND OAT MUFFIN 2 VEGGIE SAUSAGE ½ CUP FRESH BERRIES ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER WHOLE WHEAT TOAST 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
2 SPINACH LASAGNA ROLLS ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SWISS TURKEY BURGER ON A WHOLE WHEAT BUN ½ CUP HOUSE CHOPPED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO AND BASIL SOUP 1 SOURDOUGH GRILLED CHEESE AND BACON SANDWICH ½ CUP OF BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN SOUP 6 OZ BYO BEEF CHILI RICE BOWL ½ CUP ROASTED CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ HERB AND GARLIC ROASTED CHICKEN ½ CUP VEGETABLE MEDLEY ½ CUP ROASTED SWEET POTATO 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH AND CHIPS ½ CUP POTATO WEDGES ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. APPLE CIDER ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED WILD SALMON ½ CUP OF BAKED POTATO ½ CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN GLAZED TURKEY MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP CAULIFLOWER 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU WINTER 2024-25

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY FEB 9	MONDAY FEB 10	TUESDAY FEB 11	WEDNESDAY FEB 12	THURSDAY FEB 13	FRIDAY FEB 14	SATURDAY FEB 15
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	MEXICAN SCRAMBLED EGG 2 OZ AVOCADO AND SALSA FRESH FRUIT ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	2 FRENCH TOAST WITH STRAWBERRY COMPOTE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ RIGATONI WITH ROASTED RED PEPPER PESTO ½ CUP GREEN BEANS 1 WHOLE GRAIN GARLIC STICK 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ LENTIL SOUP 1 ROASTED TURKEY, CHEDDAR CHEESE , SLICED APPLES ,ARUGULA WITH FIG SPREAD ON A CIABATTA ROLL 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF POT ROAST ½ CUP MASHED POTATOES ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ BUTTERNUT SQUASH SOUP 1 MAPLE BBQ GRILLED CHICKEN SANDWICH 1 CUP ARUGULA SALAD FRESH FRUIT ½ PT MILK	8 OZ CHEESE RAVIOLI OVER A CREAMY TOMATO SAUCE ½ CUP RAINBOW CARROTS AND GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST 1 BAKED POTATO 8 OZ. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK FAJITA BOWL ½ CUP BLACK BEAN AND RICE ½ CUP PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF MEATLOAF ½ CUP MASHED POTATO ½ CUP ROASTED VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. ASIAN GLAZED GINGER CHICKEN RICE BOWL ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS RICE BOWL ½ CUP OF RICE ½ CUP PEPPERS AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU WINTER 2024-25

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY FEB 16	MONDAY FEB 17	TUESDAY FEB 18	WEDNESDAY FEB 19	THURSDAY FEB 20	FRIDAY FEB 21	SATURDAY FEB 22
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	8 OZ OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE THREE BERRY AND OAT BREAKFAST MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	WESTERN SCRAMBLED EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 MIXED BERRIES PANCAKE 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
1 CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 GROUND BEEF NACHOS ½ CUP CORN AND BLACK BEAN RELISH ¼ CUP GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN BACON RANCH ON A BUN ½ CUP GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ MINISTRONE SOUP 1 PEPPERONI FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	6 OZ FRENCH ONION SOUP 4 CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH FILET SANDWICH ½ CUP COLE SLAW FRESH FRUIT ½ PT MILK	6 OZ SOUP OF THE DAY DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ ROASTED CHICKEN ½ CUP CORNBREAD ½ CUP COLLARD GREENS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ. TURKEY POT PIE ½ CUP SAUTÉED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ KOREAN GROUND BEEF RICE BOWL ½ CUP ROASTED GINGER GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF ROASTED POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ STEAK QUESADILLA ½ CUPS VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

<ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE 	<ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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SCHOOL MENU WINTER 2024-25

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY FEB 23	MONDAY FEB 24	TUESDAY FEB 25	WEDNESDAY FEB 26	THURSDAY FEB 27	FRIDAY FEB 28	SATURDAY MAR 1
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	8 OZ MAPLE BERRY OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT ½ CUP MIXED BERRY FRUIT CUP ½ PT MILK ½ PT OJ	SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 STUFFED FRENCH TOAST 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, CHORIZO AND PEPPER JACK CHEESE ON A KOSHER ROLL ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	8 OZ HOT OATMEAL COCONUT AND BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ BAKED ZITI 1 CUP OF ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 CHICKEN TENDERS 1 CUP OF ROASTED POTATO WEDGES ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ MAC AND CHEESE BOWL WITH ASSORTED TOPPING ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED TURKEY WITH GRAVY ½ CUP MASHED POTATO ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHEESE TORTELLINI IN A CREAMY BASIL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. ROASTED BUTTERNUT SQUASH SOUP 6 OZ BAKED CEDAR PLANK SALMON ½ CUP CORNBREAD 1 CUP OF KALE SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN PARMESAN OVER COUS COUS ½ CUP GREEN BEANS WITH GARLIC 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ CHICKEN CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BYO BURGER BAR WITH ASSORTED TOPPINGS 1 CUP WEDGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HERB ROASTED CHICKEN ½ CUP OF PARMESAN ROASTED POTATO WEDGES ½ CUP ROASTED GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 CHOICE OF CHICKEN DUMPLINGS OR VEGGIE AND KALE DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PIZZA 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ GROUND TURKEY RICE BOWL ½ CUP RICE ½ CUP CORN RELISH 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 FISH AND CHIPS ½ CUP BROCCOLI ½ POTATO WEDGES FRESH FRUIT 1 CUP OF SALAD ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

<ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE 	<ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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SCHOOL MENU WINTER 2024-25

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAR 2	MONDAY MAR 3	TUESDAY MAR 4	WEDNESDAY MAR 5	THURSDAY MAR 6	FRIDAY MAR 7	SATURDAY MAR 8
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH APPLE COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT CROISSANT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	8 OZ FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE APPLE AND OAT MUFFIN 2 VEGGIE SAUSAGE ½ CUP FRESH BERRIES ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER WHOLE WHEAT TOAST 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
2 SPINACH LASAGNA ROLLS ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SWISS TURKEY BURGER ON A WHOLE WHEAT BUN ½ CUP HOUSE CHOPPED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO AND BASIL SOUP 1 SOURDOUGH GRILLED CHEESE AND BACON SANDWICH ½ CUP OF BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN SOUP 6 OZ BYO BEEF CHILI RICE BOWL ½ CUP ROASTED CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ HERB AND GARLIC ROASTED CHICKEN ½ CUP VEGETABLE MEDLEY ½ CUP ROASTED SWEET POTATO 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH AND CHIPS ½ CUP POTATO WEDGES ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. APPLE CIDER ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED WILD SALMON ½ CUP OF BAKED POTATO ½ CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN GLAZED TURKEY MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP CAULIFLOWER 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU WINTER 2024-25

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAR 9	MONDAY MAR 10	TUESDAY MAR 11	WEDNESDAY MAR 12	THURSDAY MAR 13	FRIDAY MAR 14	SATURDAY MAR 15
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	MEXICAN SCRAMBLED EGG 2 OZ AVOCADO AND SALSA FRESH FRUIT ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	SCRAMBLED EGGS WITH BRISKET HASH WITH CHEESE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ RIGATONI WITH ROASTED RED PEPPER PESTO ½ CUP GREEN BEANS 1 WHOLE GRAIN GARLIC STICK 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ LENTIL SOUP 1 ROASTED TURKEY, CHEDDAR CHEESE , SLICED APPLES ,ARUGULA WITH FIG SPREAD ON A CIABATTA ROLL 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF POT ROAST ½ CUP MASHED POTATOES ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ BUTTERNUT SQUASH SOUP 1 MAPLE BBQ GRILLED CHICKEN SANDWICH 1 CUP ARUGULA SALAD FRESH FRUIT ½ PT MILK	1 FOCACCIA PIZZA ½ CUP BRUSSEL SPROUT 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST 1 BAKED POTATO 8 OZ. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK FAJITA BOWL ½ CUP BLACK BEAN AND RICE ½ CUP PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BEEF MEATLOAF ½ CUP MASHED POTATO ½ CUP ROASTED VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. ASIAN GLAZED GINGER CHICKEN RICE BOWL ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS RICE BOWL ½ CUP OF RICE ½ CUP PEPPERS AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU WINTER 2024-25

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MAR 16	MONDAY MAR 17	TUESDAY MAR 18	WEDNESDAY MAR 19	THURSDAY MAR 20	FRIDAY MAR 21	SATURDAY MAR 22
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE THREE BERRY AND OAT BREAKFAST MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	WESTERN SCRAMBLED EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 MIXED BERRIES PANCAKE 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
1 CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ CORNED BEEF BRISKET ½ CUP POTATOES ½ CUP CABBAGE, AND CARROTS IRISH SODA BREAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 CHICKEN BACON RANCH ON A BUN ½ CUP GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ MINESTRONE SOUP 1 PEPPERONI FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	6 OZ FRENCH ONION SOUP 4 CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ FISH FILET SANDWICH ½ CUP COLE SLAW FRESH FRUIT ½ PT MILK	6 OZ SOUP OF THE DAY DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ ROASTED CHICKEN ½ CUP CORNBREAD ½ CUP COLLARD GREENS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ. TURKEY POT PIE ½ CUP SAUTÉED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ KOREAN GROUND BEEF RICE BOWL ½ CUP ROASTED GINGER GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF ROASTED POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ STEAK QUESADILLA ½ CUPS VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL