

SCHOOL MENU – FALL 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY SEP 1	MONDAY SEP 2	TUESDAY SEP 3	WEDNESDAY SEP 4	THURSDAY SEP 5	FRIDAY SEP 6	SATURDAY SEP 7
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 TRIPLE BERRY OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 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, HAM AND SWISS ON A WHOLE WHEAT ENGLISH MUFFIN 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	3 OZ 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 MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GINGER PEACH MEATBALLS BOWL ½ CUP COCONUT AND PINEAPPLE RICE ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BRUSCHETTA CHICKEN SANDWICH ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. BBQ BEEF SLIDERS ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK 1 CUP OF SALAD	5 OZ CHEESE TORTELLINI IN A CREAMY BASAL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN PARMESAN OVER PASTA ½ CUP GREEN BEANS WITH GARLIC 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ PULLED CHICKEN ENCHILADAS ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 JERK SLOW ROAST PORK TACO ½ CUP PINEAPPLE SALSA ½ CUP STREET MEXICAN CORN SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN PARMESAN WITH PENNE PASTA ½ CUP ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 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 CHICKEN CAESAR SALAD PIZZA 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 HERB AND GARLIC SALMON ½ CUP BROCCOLI AND CARROT ½ BROWN RICE FRESH FRUIT 1 CUP OF SALAD ½ PT MILK	6 OZ SPAGHETTI AND MEATBALLS ½ CUP PASTA ½ CUP BROCCOLI 1 CUP OF GREEN 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 – FALL 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY SEP 8	MONDAY SEP 9	TUESDAY SEP 10	WEDNESDAY SEP 11	THURSDAY SEP 12	FRIDAY SEP 13	SATURDAY SEP 14
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 MIXED BERRY COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG SANDWICH W/ ROSEMARY, TOMATO, FETA, ON A WHOLE WHEAT ENGLISH MUFFIN FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE OATMEAL SQUARE WITH A YOGURT SMOOTHIE ½ CUP FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	2 EGGS OVER SWEET POTATO HASH ½ CUP SWEET POTATO HASH 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	2 NASHVILLE GRILLED CHICKEN SLIDERS ½ CUP FRIES ½ CUP SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BYO HAMBURGERS ½ CUP SWEET POTATO FRIES 1 CUP OF MIXED GREEN SALAD WITH WHITE BALSAMIC DRESSING FRESH FRUIT ½ PT MILK	1 SOURDOUGH GRILLED HAM AND CHEESE SANDWICH 1 CUP OF BRUSSEL SPROUT SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ PIZZA ½ CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SPICED WILD SALMON COBB SALAD WITH AVOCADO RANCH DRESSING 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	DELI BAR TUNA OR CHICKEN SALAD, ROAST BEEF/HAM/ASSORTED CHEESES, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COLESLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
1 PEPPERONI CHEESE PIZZA 1 CUP OF CAESAR SALAD FRESH FRUIT ½ PT MILK	8 OZ. SUMMER GNOCCHI WITH BASIL BROWN BUTTER ½ CUP BABY CARROTS AND CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN AND VEGETABLE LO MEIN ½ CUP BOK CHOY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROTINI AND BOLOGNESE SAUCE 1 CUP PASTA 1 CUP TRI COLOR PEPPERS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP BROCCOLI 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	1 STEAK & CHEESE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP 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

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ALL BREADS MUST BE WHOLE GRAIN

SUNDAY SEP 15	MONDAY SEP 16	TUESDAY SEP 17	WEDNESDAY SEP 18	THURSDAY SEP 19	FRIDAY SEP 20	SATURDAY SEP 21
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 SPINACH ,TOMATO, FETA AND POTATO FRITTATA FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 BLUEBERRY AND BANANA 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 WRAP 1 CUP KALE SUMMER SALAD 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 SALAD OR EGG SALAD ON A WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	4 BELL AND EVANS CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TUNA SALAD ON SOURDOUGH ½ CUP STRAWBERRY SPINACH GREENS SALAD WITH BALSAMIC VINAIGRETTE FRESH FRUIT ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP MACARONI 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 MEDITERRANEAN CHICKEN ½ CUP COUS COUS PILAF ½ CUP SAUTÉED KALE WITH GARLIC AND LEMON 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 ASPARAGUS 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 – FALL 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY SEP 22	MONDAY SEP 23	TUESDAY SEP 24	WEDNESDAY SEP 25	THURSDAY SEP 26	FRIDAY SEP 27	SATURDAY SEP 28
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 TRIPLE BERRY OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 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, HAM AND SWISS ON A WHOLE WHEAT ENGLISH MUFFIN 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	3 OZ 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 MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN STYLE BEEF MEATBALL RICE BOWL ½ CUP RICE ½ CUP STIR FRY VEGGIES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FALL CHICKEN SALAD WITH A CHOICE OF A WHOLE WHEAT WRAP OR MULTI GRAIN BREAD ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	5 OZ CHEESE TORTELLINI IN A CREAMY BASAL 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 ½ CUP SUCCOTASH 1 CUP OF SALAD FRESH FRUIT ½ PT. APPLE CIDER ½ PT MILK	6 OZ CHICKEN PARMESAN OVER PASTA 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	2 JERK SLOW ROAST PORK TACO ½ CUP SALSA ½ CUP STREET MEXICAN CORN 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 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 ASPARAGUS 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 HERB AND GARLIC WILD COD ½ CUP BROCCOLI AND CARROT ½ BROWN RICE 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 – FALL 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY SEP 29	MONDAY SEP 30	TUESDAY OCT 1	WEDNESDAY OCT 2	THURSDAY OCT 3	FRIDAY OCT 4	SATURDAY OCT 5
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 MIXED BERRY COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,SWISS AND HAM AND A WHOLE WHEAT ENGLISH MUFFIN 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	2 EGGS OVER SWEET POTATO HASH ½ CUP SWEET POTATO HASH 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	2 GREEK TURKEY BURGER ON A WHOLE WHEAT BUN ½ CUP SWEET POTATO FRIES ½ CUP CUCUMBER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO AND BASIL SOUP 1 SOURDOUGH GRILLED CHEESE AND TOMATO SANDWICH ½ CUP OF BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHICKEN SOUP 6 OZ BRAISED BEEF BRISKET ½ CUP GLAZED TZIMMES ½ CUP CRISPY POTATOES 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ APRICOT CHICKEN ½ CUP ROASTED VEGETABLE MEDLEY ½ CUP PEARL COUS COUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HERB ROASTED WILD SALMON ½ CUP QUINOA WITH ROASTED VEGETABLE ½ CUP GREEN BEANS 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 BELL AND EVANS 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 ROASTED POTATO WEDGES 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 CHEESE & VEGGIE CRUMBLE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 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 ASPARAGUS 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 – FALL 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Oct 6	MONDAY Oct 7	TUESDAY Oct 8	WEDNESDAY Oct 9	THURSDAY Oct 10	FRIDAY Oct 11	SATURDAY Oct 12
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	2 MEXICAN BREAKFAST EGG WRAP 2 OZ AVOCADO 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	6 OZ 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 ENGLISH MUFFIN 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 & BROCCOLI RABE 1 WHOLE GRAIN GARLIC BREAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ LENTIL SOUP 1 CHICKEN HARVEST BOWL ½ CUP BRUSSEL SPROUTS AND SWEET POTATO ½ CUP OF BROWN RICE 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF STROGANOFF ½ CUP EGG NOODLE ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ BUTTERNUT SQUASH SOUP 1 CHICKEN SALAD ON A WHOLE GRAIN WRAP 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 GREEN BEANS 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 TACO ½ CUP STREET CORN 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. APPLE CIDER GLAZED PORK CHOP ½ CUP OF SWEET MASHED POTATO ½ CUP CRISPY BRUSSEL SPROUTS 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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ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Oct 13	MONDAY Oct 14	TUESDAY Oct 15	WEDNESDAY Oct 16	THURSDAY Oct 17	FRIDAY Oct 18	SATURDAY Oct 19
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 SPINACH ,TOMATO, FETA AND POTATO FRITTATA FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 BLUEBERRY AND BANANA 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 WRAP 1 CUP KALE SUMMER SALAD 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 SALAD OR EGG SALAD ON A WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	4 BELL AND EVANS CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TUNA SALAD ON SOURDOUGH 1 CUP STRAWBERRY SPINACH GREENS SALAD WITH BALSAMIC VINAIGRETTE FRESH FRUIT ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP MACARONI 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 MEDITERRANEAN CHICKEN ½ CUP COUS COUS PILAF ½ CUP SAUTÉED KALE WITH GARLIC AND LEMON 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 ASPARAGUS 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 – FALL 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY OCT 20	MONDAY OCT 21	TUESDAY OCT 22	WEDNESDAY OCT 23	THURSDAY OCT 24	FRIDAY OCT 25	SATURDAY OCT 26
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 TRIPLE BERRY OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 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, HAM AND SWISS ON A WHOLE WHEAT ENGLISH MUFFIN 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	3 OZ 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 MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN STYLE BEEF MEATBALL RICE BOWL ½ CUP RICE ½ CUP STIR FRY VEGGIES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FALL CHICKEN SALAD WITH A CHOICE OF A WHOLE WHEAT WRAP OR MULTI GRAIN BREAD ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	5 OZ CHEESE TORTELLINI IN A CREAMY BASAL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. FISH AND CHIPS ½ CUP GARLIC ROASTED BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN PARMESAN OVER PASTA 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	2 JERK SLOW ROAST PORK TACO ½ CUP SALSA ½ CUP STREET MEXICAN CORN 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 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 ASPARAGUS 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 HERB AND GARLIC WILD COD ½ CUP BROCCOLI AND CARROT ½ BROWN RICE 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 – FALL 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Oct 27	MONDAY Oct 28	TUESDAY Oct 29	WEDNESDAY Oct 30	THURSDAY Oct 31	FRIDAY Nov 1	SATURDAY Nov 2
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 MIXED BERRY COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,SWISS AND HAM AND A WHOLE WHEAT ENGLISH MUFFIN 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	2 EGGS OVER SWEET POTATO HASH ½ CUP SWEET POTATO HASH 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	2 GREEK TURKEY BURGER ON A WHOLE WHEAT BUN ½ CUP SWEET POTATO FRIES ½ CUP CUCUMBER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ. GROUND BEEF AND GNOCCHI WITH FRESH TOMATO AND PESTO SAUCE ½ CUP ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PIZZA ½ CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PUMPKIN SOUP WITH CHEESE CROUTONS 1 CHICKEN POT PIE CRAWLING HANDS ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ COBB SALAD WITH A CHOICE OF SPICED WILD SALMON OR CHICKEN 2 OZ AVOCADO RANCH DRESSING 1 BREAD STICK 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 BELL AND EVANS 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 SALMON ½ CUP OF ROASTED POTATO WEDGES 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	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. FISH TENDERS ROASTED POTATOES ½ CUP GARLIC ASPARAGUS 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	1 STEAK & CHEESE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 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 – FALL 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Nov 3	MONDAY Nov 4	TUESDAY Nov 5	WEDNESDAY Nov 6	THURSDAY Nov 7	FRIDAY Nov 8	SATURDAY Nov 9
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	2 MEXICAN BREAKFAST EGG WRAP 2 OZ AVOCADO 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	6 OZ 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 ENGLISH MUFFIN 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 & BROCCOLI RABE 1 WHOLE GRAIN GARLIC BREAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ LENTIL SOUP 1 CHICKEN HARVEST BOWL ½ CUP BRUSSEL SPROUTS AND SWEET POTATO ½ CUP OF BROWN RICE 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF STROGANOFF ½ CUP EGG NOODLE ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ BUTTERNUT SQUASH SOUP 1 CHICKEN SALAD ON A WHOLE GRAIN WRAP 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 GREEN BEANS 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 TACO ½ CUP STREET CORN 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. APPLE CIDER GLAZED PORK CHOP ½ CUP OF SWEET MASHED POTATO ½ CUP CRISPY BRUSSEL SPROUTS 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 – FALL 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Nov 10	MONDAY Nov 11	TUESDAY Nov 12	WEDNESDAY Nov 13	THURSDAY Nov 14	FRIDAY Nov 15	SATURDAY Nov 16
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 SPINACH ,TOMATO, FETA AND POTATO FRITTATA FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 BLUEBERRY AND BANANA 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 WRAP 1 CUP KALE SUMMER SALAD 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 SALAD OR EGG SALAD ON A WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	4 BELL AND EVANS CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TUNA SALAD ON SOURDOUGH 1 CUP STRAWBERRY SPINACH GREENS SALAD WITH BALSAMIC VINAIGRETTE FRESH FRUIT ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP MACARONI 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 MEDITERRANEAN CHICKEN ½ CUP COUS COUS PILAF ½ CUP SAUTÉED KALE WITH GARLIC AND LEMON 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 ASPARAGUS 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 – FALL 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Nov 17	MONDAY Nov 18	TUESDAY Nov 19	WEDNESDAY Nov 20	THURSDAY Nov 21	FRIDAY Nov 22	SATURDAY Nov 23
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 TRIPLE BERRY OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 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, HAM AND SWISS ON A WHOLE WHEAT ENGLISH MUFFIN 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	3 OZ 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 MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN STYLE BEEF MEATBALL RICE BOWL ½ CUP RICE ½ CUP STIR FRY VEGGIES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FALL CHICKEN SALAD WITH A CHOICE OF A WHOLE WHEAT WRAP OR MULTI GRAIN BREAD ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. TURKEY WITH GRAVY ½ CUP STUFFING WITH CRANBERRY SAUCE ½ CUP SWEET POTATO MASH ½ CUP OF BABY CARROTS AND GREEN BEANS ½ PT. APPLE CIDER ½ PT. MILK	6 OZ. FISH AND CHIPS ½ CUP GARLIC ROASTED BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN PARMESAN OVER PASTA 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	2 JERK SLOW ROAST PORK TACO ½ CUP SALSA ½ CUP STREET MEXICAN CORN 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	1 PIZZA 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	8 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	6 OZ GROUND TURKEY RICE BOWL ½ CUP RICE ½ CUP ASPARAGUS 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 HERB AND GARLIC WILD COD ½ CUP BROCCOLI AND CARROT ½ BROWN RICE 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 – FALL 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Nov 24	MONDAY Nov 25	TUESDAY Nov 26	WEDNESDAY Nov 27	THURSDAY Nov 28	FRIDAY Nov 29	SATURDAY Nov 30
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 MIXED BERRY COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,SWISS AND HAM AND A WHOLE WHEAT ENGLISH MUFFIN 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	2 EGGS OVER SWEET POTATO HASH ½ CUP SWEET POTATO HASH 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	2 GREEK TURKEY BURGER ON A WHOLE WHEAT BUN ½ CUP SWEET POTATO FRIES ½ CUP CUCUMBER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ. GROUND BEEF AND GNOCCHI WITH FRESH TOMATO AND PESTO SAUCE ½ CUP ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO AND BASIL SOUP 1 SOURDOUGH GRILLED CHEESE AND TOMATO SANDWICH 1 CUP OF BRUSSEL SPROUTS SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ PIZZA ½ CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ COBB SALAD WITH A CHOICE OF SPICED WILD SALMON OR CHICKEN 2 OZ AVOCADO RANCH DRESSING 1 BREAD STICK 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 BELL AND EVANS 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 SALMON ½ CUP OF ROASTED POTATO WEDGES 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	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. GARLIC ROASTED CHICKEN ½ CUP ASPARAGUS 1 RICE PILAF 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	1 STEAK & CHEESE QUESADILLA 1 CUP MEXICAN CORN RELISH SOUR CREAM ¼ CUP FRESH SALSA 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 – FALL 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY DEC 1	MONDAY DEC 2	TUESDAY DEC 3	WEDNESDAY DEC 4	THURSDAY DEC 5	FRIDAY DEC 6	SATURDAY DEC 7
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	2 MEXICAN BREAKFAST EGG WRAP 2 OZ AVOCADO 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	6 OZ 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 ENGLISH MUFFIN 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 & BROCCOLI RABE 1 WHOLE GRAIN GARLIC BREAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ LENTIL SOUP 1 CHICKEN HARVEST BOWL ½ CUP BRUSSEL SPROUTS AND SWEET POTATO ½ CUP OF BROWN RICE 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF STROGANOFF ½ CUP EGG NOODLE ½ CUP OF CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ BUTTERNUT SQUASH SOUP 1 CHICKEN SALAD ON A WHOLE GRAIN WRAP 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 GREEN BEANS 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 TACO ½ CUP STREET CORN 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. APPLE CIDER GLAZED PORK CHOP ½ CUP OF SWEET MASHED POTATO ½ CUP CRISPY BRUSSEL SPROUTS 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 – FALL 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Dec 8	MONDAY Dec 9	TUESDAY Dec 10	WEDNESDAY Dec 11	THURSDAY Dec 12	FRIDAY Dec 13	SATURDAY Dec 14
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 SPINACH ,TOMATO, FETA AND POTATO FRITTATA FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 BLUEBERRY AND BANANA 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 WRAP 1 CUP KALE SUMMER SALAD 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 SALAD OR EGG SALAD ON A WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FLATBREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	4 BELL AND EVANS CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TUNA SALAD ON SOURDOUGH 1 CUP STRAWBERRY SPINACH GREENS SALAD WITH BALSAMIC VINAIGRETTE FRESH FRUIT ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP MACARONI 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 MEDITERRANEAN CHICKEN ½ CUP COUS COUS PILAF ½ CUP SAUTÉED KALE WITH GARLIC AND LEMON 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 ASPARAGUS 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 – FALL 2024

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY DEC 15	MONDAY DEC 16	TUESDAY DEC 17	WEDNESDAY DEC 18	THURSDAY DEC 19	FRIDAY DEC 20	SATURDAY DEC 21
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 TRIPLE BERRY OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 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, HAM AND SWISS ON A WHOLE WHEAT ENGLISH MUFFIN 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	3 OZ 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 MACARONI AND CHEESE 1 CUP OF BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN STYLE BEEF MEATBALL RICE BOWL ½ CUP RICE ½ CUP STIR FRY VEGGIES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FALL CHICKEN SALAD WITH A CHOICE OF A WHOLE WHEAT WRAP OR MULTI GRAIN BREAD ½ CUP BRUSSEL SPROUTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	5 OZ CHEESE TORTELLINI IN A CREAMY BASAL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. FISH AND CHIPS ½ CUP GARLIC ROASTED BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN PARMESAN OVER PASTA 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	2 JERK SLOW ROAST PORK TACO ½ CUP SALSA ½ CUP STREET MEXICAN CORN 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 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 ASPARAGUS 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 HERB AND GARLIC WILD COD ½ CUP BROCCOLI AND CARROT ½ BROWN RICE 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