

	Monday	Tuesday	Wednesday	Thursday	Friday
	BLT Wrap Yogurt Parfaits Toast Bagels	Breakfast Pizza Diced Spiced Potatoes Yogurt Parfaits & Bagels	Tex Mex Wrap Yogurt Parfaits Bagels	Sunrise Sandwich Yogurt Parfaits Bagels	Breakfast Sub Yogurt Parfaits Toast Bagels
	Daily - Muffins, Low Fat High Fibre Cookies, Home-made Banana Bread, Freshly Baked Bread Sticks, Cinnamon Bun, Apple Sauce Brownies, Rice Crispy Squares, Bite Sized Pizza Rolls or Pizza Pulls (3 varieties daily)				
	Thai/Spicy Chicken Wrap	BBQ Chicken Flatbread	BBQ Pulled Pork Wrap	Turkey BLT Wrap	Taco Wrap Chicken or Beef
	Personal Pizza Garlic Round 3 Cheese Pizza Turkey Pepperoni Pizza	Chef's Pizza Specialty Chicken Caesar Pizza 3 Cheese Pizza Cheeseburger Pizza	Chicken Calzone Garlic Round 3 Cheese Pizza Turkey Pepperoni Pizza	BBQ Pulled Pork Pizza Garlic Round 3 Cheese Pizza Veggie Pizza	BBQ Chicken Pizza 3 Cheese Pizza Turkey Pepperoni Pizza
WEEK ONE  \$5.00 with Side	Trattoria Bowl Zesty Italian Lasagna Whole Wheat Breadstick.	Shepherd's Pie Home-made Shepherd's Pie made with Fresh Whipped Potatoes	Hot Hamburger Lean Hamburger served with Baked Fries or Fresh Mashed Potatoes	Chinese Meal Sweet & Sour Meatballs Served on Fluffy Rice	Pasta Primavera Roasted Vegetables served with a white Sauce on Linguini Noodles
HEALTHY SIDE	Crisp Caesar Salad	Spinach & Mandarin Salad	Seasonal Vegetables	Stir Fry Vegetables	Garden Vegetable Salad
WEEK TWO  \$5.00 with Side	Trattoria Bowl Chicken Quesadilla served with Salsa & Sour Cream	Baja Stir Fry Chicken Strips with Choice of Sauce over Rice	Hot Hamburger Homemade Meatloaf served with Mashed Potatoes & Gravy	THEME MEAL Theme Meals provided by Supervisor & will Vary with Holiday	Pulled Pork BBQ Pulled Pork on a Kaiser Fluffy Rice
HEALTHY SIDE	Crisp Garden Salad	Choice of Fresh Veggies (3)	Seasonal Vegetables	Varies to Compliment Meal	Crisp Garden Salad
WEEK THREE  \$5.00 with Side	Trattoria Bowl Spaghetti and Meat Sauce with Garden Salad or Whole Wheat Breadstick.	Chicken Pot Pie Home-Made Chicken Pot Pie made with Biscuit Topping	Hot Chicken on a Bun Hot chicken served on a bun with low fat Gravy. Served with Fresh Mashed Potato.	Soft Beef Tacos Seasoned Ground Beef with Lettuce Tomato and Cheese. Served with Mexican Rice	Chicken Quesadilla Chicken, Veggies and Rice Served with Salsa & Sour Cream
HEALTHY SIDE	Crisp Caesar Salad	Spinach & Mandarin Salad	Seasonal Vegetables	Seasonal Vegetables	Seasonal Fresh Fruit
WEEK FOUR  \$5.00 with Side	Trattoria Bowl Creamy Macaroni and Lean Beef Casserole Whole Wheat Breadstick	Baja Fajita Chicken or Beef, with Choice of Sauce in a Wrap	Hot Hamburger Home made Hamburger Sandwich on WW Bread served with Fresh Mashed Potato	Sweet and Sour Sweet and Sour Chicken Served on a bed of Rice	Chicken Rice Bowl Baked Chicken Strips with Choice of Dipping Sauce Fluffy Rice
HEALTHY SIDE	Crisp Caesar Salad	Choice of Fresh Veggies (3)	Seasonal Vegetables	Crisp Garden Salad	Seasonal Fresh Fruit
BOWLS	Hot Bowl of Soup, Potato (mashed or wedges) or Rice Bowls topped with vegetables & choice of sauce, Freshly baked Pasta casserole, or our popular Chili in a Flat Bread Bowl - 1 or 2 Each day!				
	Lean Beef Burger, Lean Beef and Cheddar Burger, Lean Beef Snack Wrap, Chicken Snack Wrap, Grilled Cheddar Sandwich, Perogies, Breaded Chicken Breast Nuggets & Strips, and Low Fat Baked Fries.				
	Daily Variety of - Yogurt, Salads, Veggie Snack Bags, Baked Chips, Sandwiches, Home-made Healthful Desserts, Mini Bite Cookies and Under 3 (salads & fruit that are all under 300cal and \$3)				

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All Menu offers tastes that children enjoy while meeting provincial guidelines for healthy eating. Within those guidelines we offer favourite meals using better-for-you products & cooking methods. For Example, our cookies are 1oz low fat & sodium & high fibre; pizza is made using low fat cheese & turkey pepperoni; breaded chicken is low fat & sodium & high fibre; fries are low fat, low sodium & oven baked; dressings are low fat.