



<b>Spring/Summer Week One</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>Morning Snack</i>	<b><u>Cereal &amp; Milk</u></b>	<b><u>W.W Toast &amp; butter</u></b>	<b><u>Palacinky</u></b>	<b><u>Banana Muffins</u></b>	<b><u>Bagel with cream cheese</u></b>
Grain:	Cereal	WW Bread	W.W flour,eggs	Whole wheat flour	Whole wheat flour
Vegetable/Fruit:	Fruit	Fruit	Oranges	Bananas,oranges	Fruit
Dairy:	Milk	Milk,butter	Milk, Butter	Milk	Milk, cream cheese
<i>Lunch</i>	<b><u>Mac &amp; Cheese with bean salad macaroni</u></b>	<b><u>Beef Stir fry</u></b>	<b><u>Spinach and Pepper Quiche</u></b>	<b><u>Salmon.Rice &amp; vegetable</u></b>	<b><u>Chicken &amp; Mushroom Pasta Bake</u></b>
Grain:		<b><u>Noodles</u></b>	crust	Rice	Pasta
Meat/Alternative:	Beans	Beef	Egg	Salmon	Chicken
Vegetable/Fruit:	Seasonal vegetable and fruit	seasonal vegetable and fruit	seasonal vegetable and fruit	Seasonal Vegetable and fruit	Seasonal vegetable and fruit
Dairy:	Milk,cheese	Milk	Milk	Milk	Milk
<i>Afternoon Snack</i>	<b><u>Apple Chips and Vegetable</u></b>	<b><u>Homemade Granola Bars</u></b>	<b><u>Apple Crisp &amp; Cheese</u></b>	<b><u>Naan Bread</u></b>	<b><u>Zucchini Loaf</u></b>
Grain/Protein:	breadsticks	Oats,seeds	Oats	Naan Bread	Whole wheat flour
Vegetable/Fruit:	apples,seasonal vegetable	Fruit	Apples	fruit	Zucchini,fruit
Dairy:	water	Water	Cheese,water	Water	Water

<b>Spring/Summer Menu Week Two</b>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Morning Snack</i>	<b><u>Cereal &amp; Milk</u></b>	<b><u>W.W English Muffin &amp; Butter</u></b>	<b><u>French Toast &amp; Maple Syrup</u></b>	<b><u>Carrot Muffins</u></b>	<b><u>Yogourt &amp; bananas</u></b>
Grain:	Cereal	English Muffin	W.W Bread,egg	W.W Flour	
Vegetable/Fruit:	Fruit	Fruit	Fruit	Fruit	Bananas
Dairy:	Milk	Milk,butter	Milk	Milk	Milk,yogourt
<i>Lunch</i>	<b><u>Pulled Pork Sandwiches &amp; Bean Salad</u></b>	<b><u>Chicken Souvlaki in a Pita &amp; Greek Salad</u></b>	<b><u>Baked White Fish &amp; Rice</u></b>	<b><u>Three Sister Soup &amp; Cucumber Sandwiches</u></b>	<b><u>Chicken Jambalaya &amp; Couscous</u></b>
Grain:	Whole wheat bread	Pita Bread	Rice	W.W bread	Couscous
Meat/Alternative:	Pork, beans	Chicken, Feta cheese	Fish	beans	Chicken
Vegetable/Fruit:	Seasonal vegetable & fruit	Seasonal Vegetables & fruit	Seasonal Vegetable & fruit	Cucumbers, seasonal fruit	Seasonal Vegetable & fruit
Dairy:	Milk	Milk	Milk	Milk	Milk
<i>Afternoon Snack</i>	<b><u>Roasted Chickpeas</u></b>	<b><u>Homemade Banana Pudding</u></b>	<b><u>Raw Vegetables &amp; Cheese</u></b>	<b><u>Trail Mix &amp; Fruit</u></b>	<b><u>Hummus and Bread</u></b>
Grain/Protein:	Chickpeas		Cheese	<b><u>cereal</u></b>	W.W bread,hummus
Vegetable/Fruit:	Fruit	Bananas	Vegetables	fruit	Fruit
Dairy:	Water	Milk,water	Dip (sour cream) Water	Milk	water



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spring/summer Week Three</b>					
<i>Morning Snack</i>	<b><u>Cereal &amp; Milk</u></b>	<b><u>Bagels and Cream Cheese</u></b>	<b><u>Pancakes and Maple Syrup</u></b>	<b><u>Toast &amp; Butter</u></b>	<b><u>Oatmeal Muffins</u></b>
Grain/Protein:	Cereal	Whole wheat bagel	Pancakes	W.W Bread	Whole wheat flour,oats
Vegetable/Fruit:	Fruit	Fruit	Berries	fruit	orange slices
Dairy:	Milk	Milk,cream cheese	Milk	Milk, butter	Milk
<i>Lunch</i>	<b><u>Tomato &amp; Bean Soup</u></b>	<b><u>Beef Rotini &amp; Garden Salad</u></b>	<b><u>Cheese &amp; Broccoli Quiche</u></b>	<b><u>Chicken,Vegetable &amp; Cheese Quesadillas</u></b>	<b><u>Baked Salsa Fish &amp; Roasted Potatoes</u></b>
Grain:	Homemade bread	<u>Garlic</u> bread,pasta	Crust	Rice	bread
Meat/Alternative:	Beans	Beef	Egg	Chicken	Fish
Vegetable/Fruit:	Tomatoes fruit	Fresh Salad Fruit	Seasonal vegetables,broccoli fruit	Corn, seasonal vegetables fruit	Potato,squash fruit
Dairy:	Milk	Milk	Milk,cheese	Milk,cheese	Milk
<i>Afternoon Snack</i>	<b><u>Yogourt bars</u></b>	<b><u>Fruit salad &amp; Cheese Slices</u></b>	<b><u>Carrot Loaf &amp; Fruit</u></b>	<b><u>Naan Bread &amp; Tzatziki Dip</u></b>	<b><u>Bannock</u></b>
Grain/Protein:	<u>Yogourt</u>	Cheese	W.W Flour	Naan Bread	Whole wheat flour
Vegetable/Fruit:	Fruit	Mixed Fruit	Seasonal Fruit,carrots	Apples	Fruit
Dairy:	Milk	Milk	Water	Dip,Water	Water



<b>Spring/Summer Week Four</b>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Morning Snack</i> Grain:	<b><u>Cereal &amp; Milk</u></b> Cereal	<b><u>W.W Toast &amp; butter</u></b> WW Bread	<b><u>Yogourt Granola w/ Berries Granola</u></b> Fruit	<b><u>Applesauce Muffins</u></b> Whole wheat flour	<b><u>English Muffin &amp; Fruit</u></b> Whole wheat muffin
Vegetable/Fruit:	Fruit	Fruit	Fruit	Applesauce, fruit	Fruit
Dairy:	Milk	Milk,butter	Yogourt,water	Milk	Milk, Butter
<i>Lunch</i> Grain:	<b><u>Sweet Potato &amp; Black Bean Quesadillas</u></b> Tortillas, rice	<b><u>Hamburger and cucumber salad</u></b> Whole wheat bun	<b><u>Vegetarian &amp; Cheese Pizza w/ Garden Salad Pizza Crust</u></b> Cheese	<b><u>Salmon, Potato Wedges,vegetable &amp; Bread W.W Bread</u></b> Salmon	<b><u>Egg salad Sandwiches &amp; Caesar Salad</u></b> WW Bread
Meat/Alternative:	Beans	Ground Beef			Egg
Vegetable/Fruit:	Fruit,sweet potato	Cucumber, Watermelon	fruit, garden vegetables	Fruit,Vegetable,potato	Fruit , salad
Dairy:	Milk,sweet potato	Milk	Milk	Milk,butter	Milk
<i>Afternoon Snack</i> Grain/Protein:	<b><u>Pao De Quello</u></b> Whole wheat flour	<b><u>Rice cakes &amp; Homemade Jam</u></b> rice cakes	<b><u>Sweet Potato Chips</u></b> Cheese	<b><u>Chia butter &amp; Banana Roll Ups</u></b> Chia Butter WW tortilla	<b><u>Homemade ice cream &amp; Berries Ice cream</u></b>
Vegetable/Fruit:	Seasonal Vegetable	Fruit	Fruit, Sweet potato	banana	Berries
Dairy:	Water,cheese	Water	Water	Water	Yogurt, water