

# WEEK 2 MENU

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> 	<b>-Honey Oat Medley</b> <b>-Seasonal Fruit</b> <b>-MILK</b> 	<b>-Whole wheat waffles</b> <b>-Fruit Spread</b> <b>-Butter</b> <b>-Maple syrup</b> <b>-MILK</b> 	<b>-Raisin Bran</b> <b>-Seasonal Fruit</b> <b>-MILK</b> 	<b>Homemade warm oatmeal with cinnamon &amp; brown sugar</b> <b>-Seasonal Fruit</b> <b>-Toasted Oats</b> <b>-MILK</b> 	<b>Variety of Whole Grain Cereal</b> <b>-Seasonal Fruit</b> <b>-MILK</b> 
 <b>Lunch Time</b>  <b>Served with MILK</b> <b>Vegetarian Lunch Option</b>	<b>Mixed Vegetable Soup with Alphabet Pasta Noodles</b>  <b>-Whole Wheat buttered sandwiches</b> <b>-Multigrain Soup Crackers</b> <b>-MILK</b> <b>-Unsweetened Apple Sauce</b> 	<b>Homemade Meat Sauce with wholegrain spaghetti</b>  <b>-Peas</b> <b>-Carrots</b> <b>-Whole Wheat buttered sandwiches</b> <b>-MILK</b> <b>-Marvelous Mandarins</b>  <b>Spaghetti with Tomato Sauce And cheese</b>	<b>-Homemade Hamburger Macaroni Casserole with creamed corn, mushrooms and real cheddar cheese</b>  <b>-Whole Wheat buttered sandwiches</b> <b>-Seasonal Fruit</b> <b>-MILK</b>  <b>Mac and cheese</b>	<b>Lunch Scramble Eggs, cheese,</b>  <b>-Whole Wheat buttered sandwiches</b> <b>-Seasonal Fruit</b> <b>-MILK</b>  <b>Hash browns and cheese sandwich</b>	<b>Fun Friday Build your Hot Dogs Chicken Weiners</b>  <b>Variety of toppings:</b> <b>Lettuce/Spinach</b> <b>-Cucumber</b> <b>-Tomato Sauce</b> <b>-Mayonnaise</b> <b>-Mustard, Relish</b> <b>-Cheese</b> <b>-Ice Cream &amp; Seasonal Fruit</b>  <b>-MILK</b> <b>Hot Dog with veg patty</b>
 <b>Served with Water</b>	<b>Whole grain Crackers with Cheese</b>  <b>WATER</b>	<b>Ginger Snaps</b>  <b>OR</b> <b>Frozen Yogurt</b>  <b>WATER</b>	<b>Veggie Tray With Hummus Dip</b>  <b>WATER</b>	<b>-GRAHAM WAFERS with Jam and cream Cheese OR</b>  <b>-Milk Biscuits</b> <b>WATER</b>	<b>Variety of Fruit Cereal Bars OR Nut Free Oatmeal Granola bars</b>  <b>WATER</b>

- Vegetarian
- Meat
- Fish

- 2% or homo milk served
- Following the Canadian Food Guide