

WEEK 2 MENU

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 	<ul style="list-style-type: none"> -Honey Oat Medley -Seasonal Fruit -MILK 	<ul style="list-style-type: none"> -Whole wheat waffles -Fruit Spread -Butter -Maple syrup -MILK 	<ul style="list-style-type: none"> -Raisin Bran -Seasonal Fruit -MILK 	<ul style="list-style-type: none"> Homemade warm oatmeal with cinnamon & brown sugar -Seasonal Fruit -Toasted Oats -MILK 	<ul style="list-style-type: none"> Variety of Whole Grain Cereal -Seasonal Fruit -MILK 
Lunch Time  <small>shutterstock - 161123954</small>	<p>Mixed Vegetable Soup with Alphabet Pasta Noodles</p>  <ul style="list-style-type: none"> -Whole Wheat buttered sandwiches -Multigrain Soup Crackers -MILK -Unsweetened Apple Sauce 	<p>Homemade Meat Sauce with wholegrain spaghetti</p>  <ul style="list-style-type: none"> -Peas -Carrots -Whole Wheat buttered sandwiches -MILK -Marvelous Mandarins  <p>Spaghetti with Tomato Sauce And cheese</p>	<ul style="list-style-type: none"> -Homemade Hamburger Macaroni Casserole with creamed corn, mushrooms and real cheddar cheese -Whole Wheat buttered sandwiches -Seasonal Fruit -MILK    <p>Mac and cheese</p>	<p>Lunch Scramble</p> <p>Eggs, cheese,</p>  <ul style="list-style-type: none"> -Whole Wheat buttered sandwiches -Seasonal Fruit -MILK   <p>Hash browns and cheese sandwich</p>	<p>Fun Friday</p> <p>Build your Hot Dogs</p> <p>Chicken Weiners</p>  <ul style="list-style-type: none"> Variety of toppings: Lettuce/Spinach Cucumber Tomato Sauce Mayonnaise Mustard, Relish Cheese Ice Cream & Seasonal Fruit -MILK <p>Hot Dog with veg patty</p> 
Snack  <small>Served with Water</small>	<p>Whole grain Crackers with Cheese</p>  <p>WATER</p>	<p>Ginger Snaps</p>  <p>OR</p> <p>Frozen Yogurt</p>  <p>WATER</p>	<p>Veggie Tray With Hummus Dip</p>  <p>WATER</p>	<ul style="list-style-type: none"> -GRAHAM WAFERS with Jam and cream Cheese OR -Milk Biscuits WATER 	<ul style="list-style-type: none"> Variety of Fruit Cereal Bars OR Nut Free Oatmeal Granola bars WATER

- Vegetarian
- Meat
- Fish

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