

WEEK 4 MENU

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST  	<ul style="list-style-type: none"> -Whole wheat waffles -Fruit Spread -Butter -Maple syrup -MILK 	<ul style="list-style-type: none"> -Honey Oat Medley -Seasonal Fruit -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  	<p><small>Shutterstock - 161123954</small></p> <p>Cream of Chicken Soup </p> <ul style="list-style-type: none"> -Whole Wheat buttered sandwiches -Multigrain Soup Crackers -MILK -Unsweetened Apple Sauce 	<p>Homemade chicken pasta with creamed corn and cheese </p> <ul style="list-style-type: none"> -Whole Wheat buttered sandwiches -MILK -Marvelous Mandarins  <p>Creamed corn and mushroom pasta</p>	<p>Spaghetti with meat balls </p> <ul style="list-style-type: none"> -Peas -Carrots -Whole Wheat buttered sandwiches - Seasonal Fruit -MILK  <p>Spaghetti Tomato Sauce And cheese</p>	<p>Lunch Scramble 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 Build your Hot Dogs 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 Hot Dog with veg patty
Snack  <p>Served with Water</p>	<p>Whole grain Crackers with Cheese </p> <p>WATER</p>	<p>Ginger Snaps </p> <p>OR 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 -Milk Biscuits WATER 	<ul style="list-style-type: none"> Variety of Fruit Cereal Bars OR Nut Free Oatmeal Granola bars  <p>WATER</p>

<ul style="list-style-type: none"> • Vegetarian • Meat • Fish 	<ul style="list-style-type: none"> • 2% or homo milk served • Following the Canadian Food Guide
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