

WEEK 4 MENU

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 	-Whole wheat waffles -Fruit Spread -Butter -Maple syrup -MILK 	-Honey Oat Medley -Seasonal Fruit -MILK 	-Raisin Bran -Seasonal Fruit -MILK 	Homemade warm oatmeal with cinnamon & brown sugar -Seasonal Fruit -Toasted Oats -MILK 	Variety of Whole Grain Cereal -Seasonal Fruit -MILK 
 Lunch Time  Served with MILK Vegetarian Lunch Option	Cream of Chicken Soup  -Whole Wheat buttered sandwiches -Multigrain Soup Crackers -MILK -Unsweetened Apple Sauce 	Homemade chicken pasta with creamed corn and cheese  -Whole Wheat buttered sandwiches -MILK -Marvelous Mandarins 	Spaghetti with meat balls  -Peas -Carrots -Whole Wheat buttered sandwiches -Seasonal Fruit -MILK 	Lunch Scramble Eggs, cheese,  -Whole Wheat buttered sandwiches -Seasonal Fruit -MILK 	Fun Friday Build your Hot Dogs Chicken Weiners  Variety of toppings: Lettuce/Spinach -Cucumber -Tomato Sauce -Mayonnaise -Mustard, Relish -Cheese -Ice Cream & -Seasonal Fruit  -MILK Hot Dog with veg patty
Snack Served with Water	Whole grain Crackers with Cheese  WATER	Ginger Snaps  OR Frozen Yogurt  WATER	Veggie Tray With Hummus Dip  WATER	-GRAHAM WAFERS with Jam and cream Cheese  -Milk Biscuits WATER	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