

SUMMER MENU (June to October)

| WEEK #1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|---|---|---|---|--|
| A.M. SNACK | Apple, cereal & milk | Melon, cinnamon bread & water | Mini pita, wow butter, banana slices & milk | Berries, cereal & milk | Oranges, yogurt tube & water |
| LUNCH | Tuna & cheese on a toasted bun, cucumbers, oranges & milk | Spaghetti squares (pasta, ground beef, spinach, peppers, pasta sauce, cheese), carrots & milk | Spanish rice (ground beef, rice, tomatoes & peppers), melon & milk | Chicken salad sandwich, apple veggie quinoa salad & milk | Veggie chili, rice, cheese & milk |
| P.M. SNACK | Cereal mix, cucumbers & water | Apple sauce, yogurt & water | Carrots, crackers, hummus & water | Peppers, cucumbers, crackers, ranch dip & water | Oatmeal muffin, assorted fruit & water |
| WEEK #2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| A.M. SNACK | Cereal, apples & milk | Yogurt tubes, melon & water | Yogurt, berries, granola & water | Naan bread, banana slices, wow butter & milk | Cinnamon bread, apple sauce & water |
| LUNCH | Chicken, bun, caesar salad, strawberries & milk | Veggie pasta salad, tuna & wow butter sandwiches, apples & milk | Broccoli chicken fettuccine casserole, bananas & milk | Egg salad & cheese sandwiches, fruit salad & milk | Broccoli white bean mac & cheese, melon & milk |
| P.M. SNACK | Peppers, crackers & water | Crackers, cucumbers & carrots, ranch dip & water | Oatmeal muffin, carrots & water | Animal crackers, apple sauce & water | Cheese, salsa, pita crackers & water |
| WEEK #3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| A.M. SNACK | Apples, cereal & milk | Banana, cereal mix & milk | Pineapple, yogurt & water | Muffins, berries & water | No bake apple cinnamon bites, apple slices & milk |
| LUNCH | Fish, rice with carrots, melon & milk | Chicken cheese mini pizza, garden salad with grapes & milk | Veggie black bean quinoa salad, egg salad & cheese sandwiches, bananas & milk | Rigatoni (pasta, ground beef, tomatoes, peppers, pasta sauce, cheese), melon & milk | Wow butter wraps, veggie feta salad, watermelon & milk |
| P.M. SNACK | Cucumbers, crackers, ranch dip & water | Apple sauce, animal crackers & water | Peppers, garlic naan bread, ranch dip & water | Cucumbers, crackers, cheese & water | Assorted fruit, cheddar cheese, & water |
| WEEK #4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| A.M. SNACK | Apples, cereal & milk | Berries, yogurt & water | Oatmeal muffin, mandarin oranges & water | Cheese, apples & milk | Banana slices, cereal & milk |
| LUNCH | Pineapple, sweet & sour meatballs, peppers, rice & milk | Cheese quiche, mini pitas, garden salad with strawberries & milk | Veggie tuna casserole, cucumber & milk | Chicken divan (broccoli, chicken, cheese), rice, carrots & milk | Black bean greek pasta salad (cucumbers, pasta, feta cheese, tomatoes, black beans), roll, apples & milk |
| P.M. SNACK | Animal crackers, cucumbers & water | Crackers, cucumbers, hummus & water | Fruit, yogurt dip & water | Melon, cinnamon bread & water | Crackers, wow butter, assorted fruit & water |
| WEEK #5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| A.M. SNACK | Apples, cereal & milk | Melon, cinnamon bread & milk | Toast, apple sauce & milk | Melon, cinnamon triangles & water | Oranges, yogurt tubes & water |
| LUNCH | Chicken veggie fried rice (chicken, rice, peppers, celery), strawberries & milk | Cheese mini pizzas, pasta black bean veggie salad & milk | Chicken bruschetta (chicken, tomatoes, bread crumbs, cheese), rice, banana & milk | Taco bake (ground beef, pasta, peppers, celery, cheese), cucumber & milk | Veggie & bean soup, crackers, apples & milk |
| P.M. SNACK | Crackers, peppers, ranch dip & water | Pita bread, wow butter, pineapple & water | Broccoli, carrots, crackers, ranch dip & water | Cheese, apple slices & water | Fruit muffin, assorted fruit & water |

An additional healthy snack is provided for children who remain in care between 6pm to 7pm

* All pasta & bread products are whole wheat; crackers are whole wheat unless otherwise stated.