

WEEK 1	MORNING SNACK 1 PROTEIN OR 1 GRAIN SERVING 1 VEGETABLE OR 1 FRUIT SERVING 8:30 AM	LUNCH 1 PROTEIN & 1 GRAIN SERVING 1 VEGETABLE & 1 FRUIT SERVING 11:30 PM	PM SNACK 1 PROTEIN OR 1 GRAIN SERVING 1 VEGETABLE OR 1 FRUIT SERVING 2:30 PM
MONDAY 3	Saskatchewan Day	Saskatchewan Day	Saskatchewan Day
TUESDAY 4	 Honey English Muffins Fresh Fruit  Milk	 Roast Beef  Risotto Green Beans Fresh Fruit  Milk	   Banana Cranberry Muffin Fresh Fruit
WEDNESDAY 5	 Cream Of Wheat Fresh Fruit  Milk	Baked Salmon Ceasar Salad Fresh Fruit  Milk	 Pita Wedges Guacamole
THURSDAY 6	 Yogurt  Homemade Granola Fresh Fruit  Milk	  Red Lentil Soup   Grilled Cheese Sandwiches Fresh Fruit  Milk	   Oatmeal Muffins Fresh Fruit
FRIDAY 7	 Menemen(Turkish Dish) (Fried Veggies With Egg)  WholeWheat Toast  Milk	 Teriyaki Chicken (sauce on side) Rice Noddles Stir Fry Vegetable Fresh fruit  Milk	Mini Rice Cakes Fresh Fruit

WEEK 2	MORNING SNACK 1 PROTEIN OR 1 GRAIN SERVING 1 VEGETABLE OR 1 FRUIT SERVING 8:30 AM	LUNCH 1 PROTEIN & 1 GRAIN SERVING 1 VEGETABLE & 1 FRUIT SERVING 11:30 PM	PM SNACK 1 PROTEIN OR 1 GRAIN SERVING 1 VEGETABLE OR 1 FRUIT SERVING 3 PM
MONDAY 10	 Shredded Wheat Fresh Fruit  Milk 	 Beef Stroganoff   Egg Noddles  Fresh Fruit Broccoli  Milk	 Mexican Corn Bread Cauliflower (Sesame)Hummus Dip 
TUESDAY 11	  Waffles  Yogurt Mixed Berries  Milk 	 Spagetti Marinara Carrots Fresh Fruit   Milk	  Graham Wafers  Yogurt Spread Fresh Fruit 
WEDNESDAY 12	   Mini Pancakes Fresh fruit  Milk 	  Baked Fish(Battered) Potato Wedges  Fruit Salad  Milk	 Triscuit Crackers Carrot Sticks Fresh Fruit
THURSDAY 13	 Whole Wheat Toast Cherry Tomatoes  Milk	  Chicken Burger Fresh Fruit  Milk	 Whole Wheat Tortillas Banana coins Wow Butter 
FRIDAY 14	 Toasted English Muffins Honey Fresh Fruit  Milk 	  Pizza Cucumbers  Milk 	 Apple Zuchini Bread Fresh Fruit

Allergy Alert! Some menu items may contain the following:

 VEGETARIAN ITEM
  GLUTEN
  DAIRY
  EGG
  SOY

WEEK 3	MORNING SNACK 1 PROTEIN OR 1 GRAIN SERVING 1 VEGETABLE OR 1 FRUIT SERVING 9 AM	LUNCH 1 PROTEIN & 1 GRAIN SERVING 1 VEGETABLE & 1 FRUIT SERVING 12 PM	PM SNACK 1 PROTEIN OR 1 GRAIN SERVING 1 VEGETABLE OR 1 FRUIT SERVING 3 PM
MONDAY 17	 Rice Krispies  Corn Flakes Fresh Fruit   Milk	 Beef Stew W/ Lentils  Whole Wheat Bread Fresh Fruit   Milk	 Cottage Cheese  Fresh Fruit  Tortilla Wedges
TUESDAY 18	 Berry Scones  Fresh Fruit  Milk	 Butter Chicken  Whole Wheat Naan Brown Rice Fresh Fruit  Peas  Milk	Pepper Slices  (Sesame)Hummus  Whole Wheat Naan Wedges
WEDNESDAY 19	  Raisin Toast  Fresh Fruit  Milk	 Sloppy Joes Fresh Fruit Garden Salad  Milk	 Apple Crisp  Yogurt W/fruit  Fresh Fruit
THURSDAY 20	 Fruit Loops  Fresh Fruit  Milk	 Vegetarian Barley Soup  Whole Wheat Bun  Fresh Fruit  Milk	 Pumkin Muffin  Fresh Fruit
FRIDAY 21	  Omlet W/ Cheese Fresh Fruit  Milk 	  Chicken Veg Quesadillas Fruit Salad  Milk	 Black Bean Brownies  Celery Sticks

WEEK 4	MORNING SNACK 1 PROTEIN OR 1 GRAIN SERVING 1 VEGETABLE OR 1 FRUIT SERVING 9 AM	LUNCH 1 PROTEIN & 1 GRAIN SERVING 1 VEGETABLE & 1 FRUIT SERVING 12 PM	PM SNACK 1 PROTEIN OR 1 GRAIN SERVING 1 VEGETABLE OR 1 FRUIT SERVING 3 PM
MONDAY 24	Cherios Shredded Wheat  Fresh Fruit  Milk 	Hamburger Tomato Soup W/ Vegetables Cheese Biscuits  Fresh Fruit  Milk 	 Mapple Yogurt Dip  Apple Tarts 
TUESDAY 25	Blueberry Muffins Fresh Fruit  Milk	Oven Baked Salmon Brown Rice Fresh Fruit Corn  Milk	 Triscuit Crackers Celery Sticks Fresh Fruit 
WEDNESDAY 26	 Scrambled Eggs Raw Pepper  Milk 	Bean Burittos Salsa/Sour Cream  Fresh Fruit Cauliflower  Milk 	 Banana Bread Squares Fresh Fruit
THURSDAY 27	  Toasted Bagel Wow Butter Fresh Fruit  Milk 	 Roasted Chicken Scalloped Potatoes Fresh Fruit Green Beans Milk	  Berry Bannock Honey Cucumber Slices 
FRIDAY 28	 Fruit Smoothies   Waffles 	 Minestrone  Whole Wheat Toast Fresh Fruit	   Birthday Cake Fresh Fruits 