



# What's for lunch?



MONDAY



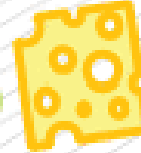
TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

## Morning Snack

Fresh Fruit  
2% Milk

English Muffins  
with Jam  
2% Milk

Bagels w/ Jam  
or Cream  
Cheese  
2% Milk

Homemade  
Fruit Muffins  
2% Milk

Cereal  
2% Milk

## Lunch

White Bean  
Mac &  
Cheese  
Casserole &  
Garlic Bun  
  
2% Milk  
  
Fresh fruit  
for dessert

\*Vegetarian  
option

Vegetarian  
Chilli & Bun  
  
2% Milk  
  
Fresh fruit  
for dessert

\*Sloppy  
Joes &  
Tossed  
Salad  
  
2% Milk  
  
Fresh fruit  
for dessert  
  
\*vegetarian  
sloppy joes  
available

Homemade  
3 Bean  
Vegetable  
Minestrone  
Soup & Bun  
  
2% Milk  
  
Fresh fruit  
for dessert

\*All Beef  
Hot Dogs &  
Pasta Salad  
w/  
Vegetables  
  
2% Milk  
  
Fresh fruit  
for dessert  
  
\*Veggie dog  
option  
available

## Afternoon Snack

Veggies,  
Hummus &  
Bread Sticks  
2% Milk

Cheese &  
Crackers  
Water

Powerballs  
2% Milk

Corn Chips &  
layered  
nacho dip  
2% Milk

Rice Cakes  
2% Milk

If your child would like to bring their own snacks and lunches, they are welcome to do so, however items must be in accordance with our "Bagged Lunch Policy" (attached). We do not allow fast food, chips, pop or candy. **All items/containers must be labelled with the child's name if they will be bringing their own items.**

If your child has a food allergy or dietary restriction, please ensure you clarify this on the registration form under "Allergies/Dietary Restrictions"