



FALL MENU 2022

SEPTEMBER

Week 1

M 5

BREAKFAST	AM SNACK	LUNCH	PM SNACK
<ul style="list-style-type: none"> Whole Grain Cereal <p>Fresh Fruit Organic Whole Milk</p>	<ul style="list-style-type: none"> Applesauce & Wheat Crackers <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Tuna Casserole <p>Fresh Vegetables</p>	<ul style="list-style-type: none"> Ginger snaps <p>Fresh Fruit</p>

T 6

BREAKFAST	AM SNACK	LUNCH	PM SNACK
<ul style="list-style-type: none"> Vanilla Yogurt with Granola <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Vanilla Rice Pudding <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Turkey with Quinoa Stuffing <p>Fresh Vegetables</p>	<ul style="list-style-type: none"> Fruit Tarts <p>Fresh Fruit</p>

W 7

BREAKFAST	AM SNACK	LUNCH	PM SNACK
<ul style="list-style-type: none"> Zucchini Bran Muffins <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Cheese Cubes & Rice Crackers <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Beef Lasagna <p>Fresh Vegetables</p>	<ul style="list-style-type: none"> Strawberry Shortcake <p>Fresh Fruit</p>

T 8

BREAKFAST	AM SNACK	LUNCH	PM SNACK
<ul style="list-style-type: none"> Pumpkin Spice Smoothie with Digestive Cookie <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Berry Yogurt with Arrowroot Cookies <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Corn Chowder with Whole Wheat Roll <p>Fresh Vegetables</p>	<ul style="list-style-type: none"> Naan Bites with Baba Ganoush <p>Fresh Fruit</p>

F 9

BREAKFAST	AM SNACK	LUNCH	PM SNACK
<ul style="list-style-type: none"> Sausage Breakfast Scramble with Hashbrown <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Honey Dew Lassi <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Popcorn Style Chicken Bites with Sweet Potato Fries <p>Fresh Vegetables</p>	<ul style="list-style-type: none"> Red Velvet Beet Muffin <p>Fresh Fruit</p>

INSPIRING & ENABLING
HEALTHY EATING
FOR OUR CHILDREN



The Fueling Minds Promise

Fueling Minds with Real Ingredients

- No artificial: colours, flavours or sweeteners no added nitrates or nitrites
- Wild tuna, sustainably-sourced
- Whole grains throughout the menu
- Pasture-raised beef without added hormones or routine antibiotics* organic chicken and turkey *Some exceptions may apply to accommodate religious needs
- Focus on fruits, vegetables & products grown & produced locally & sustainably
- Dairy products & organic tofu
- Globally inspired dishes

- Contains gluten (Gluten free option provided)
- Contains dairy:
- Contains soy
- Herbivore protein
- Contains egg

Pork, peanut & tree nut free

All menus are prepared by a talented and qualified team, including Red Seal Chefs to ensure quality, diverse flavours, whole grains, sustainable protein and local products.

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For infants, steamed vegetables will be provided.

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Week 2

M 12	BREAKFAST	AM SNACK	LUNCH	PM SNACK
	<ul style="list-style-type: none"> Whole Grain Cereal <p>Organic Whole Milk Fresh Fruit</p>	<ul style="list-style-type: none"> Peach Applesauce with Whole Wheat Crackers <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Butternut Squash Ravioli Marinara <p>Fresh Vegetables</p>	<ul style="list-style-type: none"> Queso Cheese Dip with Tortilla Chips <p>Fresh Fruit</p>
T 13	BREAKFAST	AM SNACK	LUNCH	PM SNACK
	<ul style="list-style-type: none"> Blueberry/Cranberry Muffin <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Maple Rice Pudding <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Chicken Souvlaki with Greek Rice <p>Fresh Vegetables</p>	<ul style="list-style-type: none"> Tropical Smoothie & Digestive Cookie <p>Fresh Fruit</p>
W 14	BREAKFAST	AM SNACK	LUNCH	PM SNACK
	<ul style="list-style-type: none"> Granola Bar <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Poached Pears with Vanilla Muffins <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Spaghetti Bolognese <p>Fresh Vegetables</p>	<ul style="list-style-type: none"> Haystack Square <p>Fresh Fruit</p>
T 15	BREAKFAST	AM SNACK	LUNCH	PM SNACK
	<ul style="list-style-type: none"> Wow butter and Banana Smoothie <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Cheese Biscuit <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Sweet Potato Casserole <p>Fresh Vegetables</p>	<ul style="list-style-type: none"> Oatmeal Drops <p>Fresh Fruit</p>
F 16	BREAKFAST	AM SNACK	LUNCH	PM SNACK
	<ul style="list-style-type: none"> Pancakes with Fruit Compote <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Cherry Cheese Dip with Rice Crackers <p>Fresh Fruit</p>	<ul style="list-style-type: none"> Cheese Burgers With Vegetable Veggies <p>Fresh Vegetables</p>	<ul style="list-style-type: none"> Black Bean Brownies <p>Fresh Fruit</p>

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Week 3








Day	BREAKFAST	AM SNACK	LUNCH	PM SNACK
M 19	<ul style="list-style-type: none"> ● Whole Grain Cereal <p>Organic Whole Milk Fresh Fruit</p>	<ul style="list-style-type: none"> ● Tropical Applesauce with Digestive Cookie <p>Fresh Fruit</p>	<ul style="list-style-type: none"> ●● Thai Lo Mein <p>Fresh Vegetables</p>	<ul style="list-style-type: none"> ● Oatmeal Chocolate Chip Cookie <p>Fresh Fruit</p>
T 20	<ul style="list-style-type: none"> ●● Carrot Ginger Muffin <p>Fresh Fruit</p>	<ul style="list-style-type: none"> ●● Meat, Cheese & Crackers <p>Fresh Fruit</p>	<ul style="list-style-type: none"> ● Vegan Burrito <p>Fresh Vegetables</p>	<ul style="list-style-type: none"> ● Super Berry Smoothie & Arrowroot Cookies <p>Fresh Fruit</p>
W 21	<ul style="list-style-type: none"> ● Berry Yogurt With Granola <p>Fresh Fruit</p>	<ul style="list-style-type: none"> ● Maple Biscuit <p>Fresh Fruit</p>	<ul style="list-style-type: none"> ●● Macaroni & Cheese <p>Fresh Vegetables</p>	<ul style="list-style-type: none"> ● Rice Fruit Pudding <p>Fresh Fruit</p>
T 22	<ul style="list-style-type: none"> ● Raisin and Spice Oatmeal <p>Fresh Fruit</p>	<ul style="list-style-type: none"> ● Pumpkin Pudding <p>Fresh Fruit</p>	<ul style="list-style-type: none"> ● Chili Con Carne <p>Fresh Vegetables</p>	<ul style="list-style-type: none"> ●● Wow Butter Biscuit <p>Fresh Fruit</p>
F 23	<ul style="list-style-type: none"> ● Waffle & Turkey Sausage <p>Fresh Fruit</p>	<ul style="list-style-type: none"> ●● Vanilla Yogurt & Granola <p>Fresh Fruit</p>	<ul style="list-style-type: none"> ●● Chicken Quesadillas <p>Fresh Vegetables</p>	<ul style="list-style-type: none"> ● Blueberry Muffins <p>Fresh Fruit</p>

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Week 4

	BREAKFAST ● Whole Grain Cereal	AM SNACK ● Berry Applesauce with ● Whole Grain Crackers	LUNCH ● Chicken Fried Rice	PM SNACK ● Pumpkin Spice Muffin
	Fresh Fruit	Fresh Fruit	Fresh Vegetables	Fresh Vegetables
	BREAKFAST ● Wow Butter & Jam ● Sandwich	AM SNACK ● Fruit Parfait	LUNCH Vegan Stuffed Peppers	PM SNACK ● Chocolate Zucchini Cookie
	Fresh Fruit	Fresh Fruit	Fresh Vegetables	Fresh Fruit
	BREAKFAST ● Banana Oat Muffin	AM SNACK Watermelon Lassi with ● Granola Bar	LUNCH ● Beef Meatballs With Spaghetti & Spaghetti Sauce	PM SNACK ● Pita Bread with Tzatziki
	Fresh Fruit	Fresh Fruit	Fresh Vegetables	Fresh Fruit
	BREAKFAST ● Strawberry Yogurt & ● Granola	AM SNACK Sweet Potato & Cranberry Puree	LUNCH ● Turkey Noodles Soup & Dinner Roll	PM SNACK ● Strawberry Rhubarb Crumble Squares
	Fresh Fruit	Fresh Fruit	Fresh Vegetables	Fresh Fruit
	BREAKFAST ● Scrambled Eggs & ● English Muffin	AM SNACK Tropical Pudding	LUNCH ● Fish Sticks with Vegetables Fries ● & Whole Wheat Bun	PM SNACK ● Banana Bread
	Fresh Fruit	Fresh Fruit	Fresh Vegetables	Fresh Fruit

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