

Week 1	30	31	1	2	3
Breakfast	Cereal w/ Milk	Fruit Danish	Mini Bagels w/ Jelly	Fruit Muffins	Pancakes w/ Syrup
Snack AM	Baked Cinnamon Apples	Yogurt w/ Cheerios	Peaches w/ Crackers	Fresh Fruit w/ Dip	Fruit Cocktail w Ritz
Lunch	BBQ Chicken Tenders/ Potatoes /Fruit	Tater Tot Cheesy Poutine w/ Beef Crumbles/Fruit	Ham & Cheese Sliders/Veggies /Fruit	Hashbrown Casserole w/ Eggs & Cheese/Fruit	Chicken Caesar Pasta Salad w/ Veggies/Fruit
Vegetarian	BBQ Corn Nuggets/Potatoes/Fruit	Tater Tot Cheesy Poutine /Fruit	Cheese Sliders /Veggies/Fruit	Hashbrown Casserole w/ Eggs & Cheese/Fruit	Caesar Pasta Salad w/ Veggies/Fruit
Snack PM	Mr. Bill's Blueberry Bread Squares	Veggie Straws	Pudding w/ Graham Crackers	Fruit Salad w/ Nilla Wafers	Mr. Bills Trail Mix
Week 2	6	7	8	9	10
Breakfast	Cereal w/ Milk	Fruit Danish	Mini Bagels w/ Cinnamon Butter	Fruit Muffins	Pancakes w/ Syrup
Snack AM	Applesauce W/ Crackers	Bananas W/ Ritz	Animal Crackers	Brown Sugar Oatmeal	Cinnamon Butter Toast
Lunch	Yellow Rice w/ Chicken/Black Beans/ Fruit	Beef & Mixed Veggie Pho /Cracker s/ Fruit	Mini Corn Dogs/Tots/Fruit	French Toast/Sausage/Fruit	Cheesy Mac-N-Cheese/Green Beans /Fruit
Vegetarian	Yellow Rice w Black Beans/ Fruit	Mixed Veggie Pho /Crackers /Fruit	Corn Nuggets/Tots/Fruit	French Toast/Veg Sausage/Fruit	Cheesy Mac-N-Cheese/Green Beans/ Fruit
Snack PM	Mr. Bill's Apple Squares	Pretzels w/ Ranch	Cheese-Its	Corn Chips W/ Salsa	Wheat Thins w/ Cheese Squares
Week 3	13	14	15	16	17
Breakfast	Cereal w/ Milk	Fruit Danish	Mini Bagels w/ Jelly	Pancakes w/ Syrup	Fruit Muffins
Snack AM	Baked Cinnamon Apples	Yogurt w/ Cheerios	Peaches w/ Crackers	Fresh Fruit w/ Dip	Fruit Cocktail w Ritz
Lunch	Beef Gravy w/ Mashed Potatoes /Fruit	Ham Wraps/Green Beans/Fruit	Chicken Nuggets/Fries/Fruit	Sausage, Egg & Cheese Wrap/ Fruit	English Muffin Pizza /Salad w/ Ranch/Fruit
Vegetarian	Veggie Patty w Mashed Potatoes/Fruit	Cheese Wraps/Green Beans/ Fruit	Corn Nuggets/Fries/Fruit	Egg & Cheese Wrap/Fruit	English Muffin Pizza /Salad w/ Ranch/Fruit
Snack PM	Mr. Bill's Blueberry Bread Squares	Veggie Straws	Pudding w/ Graham Crackers	Fruit Salad w/ Nilla Wafers	Mr. Bill's Trail Mix
Week 4	20	21	22	23	24
Breakfast	Cereal w/ Milk	Fruit Danish	Mini Bagels w/ Cinnamon Butter	Pancakes w/ Syrup	Fruit Muffins
Snack AM	Applesauce W/ Crackers	Bananas W/ Ritz	Animal Crackers	Brown Sugar Oatmeal	Cinnamon Butter Toast
Lunch	Beef Tacos/Black Beans /Fruit	Chicken Sammies/Fries/Fruit	Grilled Cheese/Tomato Soup /Fruit	Pancakes/Sausage/Fruit	Pasta W/ Meat Sauce/Green Beans /Fruit
Vegetarian	Cheese Tacos/Black Beans/ Fruit	Sunbutter Sandwich /Fries/ Fruit	Grilled Cheese/Tomato Soup /Fruit	Pancakes/Veggie Sausage/Fruit	Pasta w/ Marinara /Green Beans/Fruit
Snack PM	Mr. Bill's Banana Bread Squares	Pretzels w/ Ranch	Cheese-Its	Corn Chips W/ Salsa	Wheat Thins w/ Cheese Squares
Week 5	27	28	29	30	1
Breakfast	Cereal w/ Milk	Fruit Danish	Mini Bagels w/ Jelly	Pancakes w/ Syrup	Fruit Muffins
Snack AM	Baked Cinnamon Apples	Yogurt w/ Cheerios	Peaches w/ Crackers	Fresh Fruit w/ Dip	Fruit Cocktail w Ritz
Lunch	Beef & Broccoli Ramen/Fruit	Asian Pineapple Chicken Fried Rice/Fruit	Fish Sticks/Fries/Fruit	Spinach, Egg & Cheese Casserole /Fruit	Cold Rotini Pasta Salad w Ham & Veggies/Fruit
Vegetarian	Broccoli Ramen/Fruit	Asian Pineapple Vegetable Fried Rice/Fruit	Corn Nuggets/Fries/Fruit	Spinach, Egg & Cheese Casserole / Fruit	Cold Rotini Pasta Salad w/ Veggies / Fruit
Snack PM	Mr. Bill's Blueberry Bread Squares	Veggie Straws	Pudding w/ Graham Crackers	Fruit Salad w/ Nilla Wafers	Ms. Trail Mix

Breakfast & Lunch is served with Milk & Water
All snacks are served with water
Kids 'R' Kids Circa Fishhawk