

Summer 2021 FULL DAY MENU

WEEK 1 (July 26-30, Aug 23-27)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	MG Cheerios & Applesauce	Fruit Yogurt Cup & Granola	Apple Cinnamon Mini Bagel with Cream Cheese	Snacking Pita & 100% Fruit Juice	Vanilla Yogurt Dip & Rice Cake
Lunch	Pasta with Tomato Sauce, Turkey Sausage & Veggies Fruit	Honey Garlic Chicken with Basmati Rice & Veggies Fruit	Chicken Parmesan with Pasta in Tomato Sauce & Veggies Fruit	Macaroni & Cheese with Squash Fruit	Beef Meatballs with Mashed Potatoes, Gravy and Peas Fruit
Afternoon Snack	Oatmeal Cookie & 100% Fruit Juice	Cheddar Cheese Sandwich on WW Bread	Digestive Cookies & 100% Fruit Juice	Nachos & Salsa	Pretzels & Vanilla Pudding
Veg Lunch Option (includes eggs & dairy)	Pasta with Tomato Sauce	Honey Garlic Tofu with Basmati Rice & Carrots	Veggie Fingers with Pasta in Tomato Sauce & Carrots	-	Veggie Balls with Mashed Potatoes, Gravy and Peas

- All Meals are prepared with care in our inspected, nut-free commercial
- Individually packaged GRAB and GO meals and items will be bagged as per Public Health Guidelines and following all COVID-19 Safety Protocols
- Contactless delivery and curbside drop off protocols in place. All of our kitchen staff and drivers wear masks and carry hand sanitizer and gloves if needed

WG = Whole grain, WW = Whole Wheat, MG = Multigrain

Fruit = Fruit will vary day to day. Based on availability/seasonality. Fruit provided can be fresh, canned or frozen (always plain or unsweetened). Fruit choices may include apples, pears, oranges, pineapple, cantaloupe, watermelon etc. Assorted veggies = Veggies/veggie sticks vary day to day. Based on availability/seasonality. Veggie provided can be fresh, canned or frozen. Veggie choices may include carrots, celery, bell peppers, cucumbers, cauliflower, broccoli, zucchini etc. 100% Fruit Juice = 1 Fruit Serving. Water is available at each meal, and snack time and throughout the day.

Please note this menu is subject to change. Substitutions will be made for allergies and dietary restrictions.



Summer 2021 FULL DAY MENU

WEEK 2 (July 5-9, Aug 2-6)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Snacking Pita & Applesauce	Muffin & 100% Fruit Juice	Scone & Fruit Yogurt Tube	Cheese & Fruit	Hard Boiled Egg & 100% Fruit Juice (= 1 serving of fruit)
Lunch	Potato & Cheese Perogies with Sourcream Edamame (shelled, cold) Fruit	Pasta Casserole with Chicken, Veggies & Cheese Fruit	Chicken Fingers with Rice Pilaf (peas & carrots) Fruit	Beef Taco in a whole wheat tortilla (lean ground beef, salsa, cheese) Fruit	Baked Fish with Rice Pilaf (sweet peppers, carrots) Fruit
Afternoon Snack	Arrowroot Cookies & 100% Fruit Juice	Cheese & Crackers	Fruit & Trail Mix (cheerios, raisins & pretzels)	Breadsticks & WOW Butter	Goldfish Crackers & Veggies
Veg Lunch Option (includes eggs & dairy)	-	Pasta Casserole with White Beans, Veggies & Cheese	Veggie Fingers with Rice Pilaf (peas & carrots)	Bean Taco in a whole wheat tortilla (black beans, salsa, cheese)	Tofu Bites with Rice Pilaf

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Summer 2021 FULL DAY MENU

WEEK 3 (July 12-16, Aug 9-13)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	MG Cheerios & Applesauce	Fruit Yogurt Cup & Granola	Snacking Pita & 100% Fruit Juice	Apple Cinnamon Mini Bagel with Cream Cheese	Vanilla Yogurt Dip & Rice Cake
Lunch	Italian Chicken with Buttered Noodles & Peas Fruit	Macaroni & Cheese with Squash Fruit	Chicken & Vegetable Fried Rice Fruit	Beef Goulash Pasta (lean minced beef & carrots) Fruit	Tuna Fish Salad Sandwich on a whole wheat bun Creamy Pasta Salad Fruit
Afternoon Snack	Oatmeal Cookie & 100% Fruit Juice	Nachos & Salsa	Cheddar Cheese Sandwich on WW Bread	Pretzels & Vanilla Pudding	Digestive Cookies & 100% Fruit Juice
Veg Lunch Option (includes eggs & dairy)	Italian Pasta with Navy Beans & Peas	-	Tofu & Vegetable Fried Rice	Vegetarian Goulash Pasta (minced soy & carrots)	Veggie Cheese Sandwich on whole wheat bread

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Summer 2021 FULL DAY MENU

WEEK 4 (July 19-23, Aug 16-20)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Snacking Pita & Applesauce	Scone & Fruit Yogurt Tube	Cheese & Fruit	Muffin & 100% Fruit Juice	Hard Boiled Egg & 100% Fruit Juice (= 1 serving of fruit)
Lunch	Meat Ravioli in tomato sauce Edamame Fruit	Beef Vegetable Noodle Stirfry (egg-free) Fruit	Butter Chicken with Basmati Rice Garden Salad with Italian Dressing Fruit	Spaghetti with Beef Meatballs & Veggies (tomato sauce) Fruit	Sweet & Sour Chicken with Basmati Rice & Broccoli Fruit
Afternoon Snack	Arrowroot Cookies & 100% Fruit Juice	Fruit & Trail Mix (cheerios, raisins & pretzels)	Breadsticks & WOW Butter	Goldfish Crackers & Veggies	Cheese & Crackers
Veg Lunch Option (includes eggs & dairy)	Cheese Ravioli in tomato sauce	Tofu Vegetable Noodle Stirfry	Chickpea Curry with Basmati Rice	Spaghetti with Veggie (soy) Meatballs & Veggies (tomato sauce)	Sweet & Sour Tofu with Basmati Rice & Broccoli

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