

MARCH BREAK FULL DAY MENU
March 14 – 18, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cheerios & Applesauce	Fruit Yogurt Tube & Rice Cake	Cheese Cube & Apple Slices	Fruit Yogurt Cup & Granola	Muffin & Fruit
Lunch	Macaroni & Cheese with Squash Fruit	Chicken Teriyaki with Carrots and Basmati Rice Fruit	Beef Meatballs with Mashed Potatoes, Gravy & Corn Niblets Fruit	Chicken Vegetable Fried Rice Fruit	Pasta with Tomato Sauce Cheese & Veggies Fruit
Afternoon Snack	Arrowroot Cookies & Fruit	Goldfish Crackers & Fruit	Breadsticks & WOW Butter	Mini Brioche & Fruit	Wholewheat Mini Bagel with Creamcheese
Veg Option (includes dairy & eggs)	-	Tofu Teriyaki with Carrots and Basmati Rice	Veggie Meatballs with Mashed Potatoes, Gravy & Corn Niblets	Tofu Vegetable Fried Rice	-

- All Meals are prepared with care in our inspected, nut-free commercial kitchen
- 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 are fully vaccinated (at least 2 doses), wear masks and carry hand sanitizer and gloves if needed

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.**

