

March Break 2023 Full Day Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Mini Bagel & Applesauce	Mini Scone & Fruit Juice	Muffin & Fruit Juice	Flatbread & WOW Butter	Raisin Bread & Yogurt Tube
Lunch (includes Fruit)	Beef or Chicken Burger with Baked Potato Wedges	Chicken Vegetable Noodle Stirfry	Chicken Parmesan Pasta & Carrots (chicken pieces with cheese over pasta in tomato sauce)	Beef Meatballs with Mashed Potato, Gravy & Corn	Baked Chicken Fingers & Potato Hash Browns with Carrot Coins + Chocolate Milk 😊
Afternoon Snack	Rice Krispie Square & Veggie Sticks	Fudgy Brownie & Fruit	Trail Mix & Cucumber Coins	Cheese & Fruit	Brioche & Creamcheese
Veg Option (includes dairy & eggs)	Veggie Burger with Baked Potato Wedges	Tofu Vegetable Noodle Stirfry	Coins Veggie Parmesan Pasta & Carrots	Veggie Meatballs with Mashed Potato, Gravy & Corn	Baked Veggie Fingers & Potato Hash Browns with Carrot
Halal Option	Halal Chicken Burger with Baked Potato Wedges	Halal Chicken Vegetable Noodle Stirfry	Halal Chicken Parmesan Pasta & Carrots	Halal Beef Meatballs with Mashed Potato, Gravy & Corn	Halal Baked Chicken Fingers & Potato Hash Browns with Carrot Coins + Chocolate Milk 😊

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.

Please note this menu is subject to change, due to supply challenges.

Substitutions may be made for the major allergens ie. gluten, dairy, egg and dietary restrictions ie. Halal & vegetarian.

