



March Break 2024 Full Day Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Shreddies & Applesauce	Yogurt Tube & Raisin Bread	Cheese & Apple Slices	Yogurt Cup & Digestive Cookies	Muffin & Fruit
Lunch (includes Fruit)	Beef or Chicken Burger with Baked Potato Wedges	Chicken Vegetable Noodle Stirfry	Beef Meatballs with Mashed Potato, Gravy & Corn	Baked Chicken Fingers & Potato Hash Browns with Carrot Coins	Chicken Parmesan Pasta & Carrots (chicken pieces with cheese over pasta in tomato sauce) + Chocolate Milk ☺
Afternoon Snack	Cheese & Crackers	Rice Krispie Square & Fruit	Chocolate Chip Cookie & Fruit	Trail Mix (cheerios, goldfish, pretzels & craisins) & Fruit	Fudgy Brownie & Cucumber Slices
Veg Option (includes dairy & eggs)	Veggie Burger with Baked Potato Wedges	Tofu Vegetable Noodle Stirfry	Veggie Meatballs with Mashed Potato, Gravy & Corn	Baked Veggie Fingers & Potato Hash Browns with Carrot Coins	Veggie Parmesan Pasta & Carrots





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Halal Option	Halal Chicken Burger with Baked Potato Wedges	Halal Chicken Vegetable Noodle Stirfry	Halal Beef Meatballs with Mashed Potato, Gravy & Corn	Halal Baked Chicken Fingers & Potato Hash Browns with Carrot Coins	Halal Chicken Parmesan Pasta & Carrots + Chocolate Milk ☺
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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.

