

MAY MENU

M	3	BREAKFAST Peaches & Cream ● Hot Cereal	INFANT SNACK ● Yogurt Dip & ● Arrowroot Cookies	LUNCH Bean Mulligatawny Soup ● with Naan Bread	PM SNACK ● Dill Dip ● & Crackers
		Milk Fresh Fruit	Fresh Fruit	Milk Assorted Vegetables	Assorted Vegetables
T	4	BREAKFAST ● Blueberry Parfait	INFANT SNACK ● Maple Biscuit	LUNCH ● Orange Mandarin Chicken Fried Rice	PM SNACK Fruit Smoothie ● & Cheese Cubes
		Milk Fresh Fruit	Fresh Fruit	Milk Assorted Vegetables	Assorted Vegetables
W	5	BREAKFAST ● Tea Biscuits & Blueberry Jam	INFANT SNACK ● Dill Dip ● & Crackers	LUNCH ● Cajun Turkey Pasta	PM SNACK ● WowButter Yogurt Dip ● & Arrowroot Cookies
		Milk Fresh Fruit	Assorted Vegetables	Milk Assorted Vegetables	Fresh Fruit
T	6	BREAKFAST ● Raspberry Muffin	INFANT SNACK ● Fruit Smoothie & Crackers	LUNCH ● Pizza	PM SNACK Bruschetta ● & Tortilla Corn Chips
		Milk Fresh Fruit	Fresh Fruit	Milk Assorted Vegetables	Fresh Fruit
F	7	BREAKFAST ● Cheesy Scrambled Eggs & Hash Browns	INFANT SNACK ● Raspberry Yogurt & ● Arrowroot Cookies	LUNCH ● Chicken Salad Sandwich	PM SNACK ● WowButter Biscuits
		Milk Fresh Fruit	Fresh Fruit	Milk Assorted Vegetables	Fresh Fruit

Inspiring & Enabling Healthy Eating For Lifelong Wellness



The Fueling Minds Promise Fueling Minds with Real Ingredients



No artificial: colours, flavours or sweeteners no added nitrates or nitrites



Wild tuna, sustainably-sourced



Whole grains throughout the menu



Pasture-raised beef without added hormones or routine antibiotics* organic chicken and turkey

*Some exceptions may apply to accommodate religious needs



Focus on fruits, vegetables & products grown & produced locally & sustainably



Dairy products & organic tofu



Globally inspired dishes

- Contains gluten (Gluten free option provided)
- Contains dairy and egg
- Contains soy
- Herbivore protein

Pork, peanut & tree nut free

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	BREAKFAST Rice Chex Milk Fresh Fruit	INFANT SNACK Cheese Cubes & Rice Crackers Assorted Vegetables	LUNCH Carrot Ginger Soup Milk Assorted Vegetables	PM SNACK Hummus with Crackers Assorted Vegetables
	BREAKFAST Raspberry Yogurt Milk Fresh Fruit	INFANT SNACK WowButter Biscuits Fresh Fruit	LUNCH Butter Chicken & Naan Bread Milk Assorted Vegetables	PM SNACK Honeydew Lassi & Oatmeal Drop Assorted Vegetables
	BREAKFAST Cheese Biscuit Milk Fresh Fruit	INFANT SNACK Smoothie Bowl & Crackers Fresh Fruit	LUNCH Penne with Rose Sauce Milk Assorted Vegetables	PM SNACK Yogurt & Arrowroot Cookies Fresh Fruit
	BREAKFAST Apple Spice Muffin Milk Fresh Fruit	INFANT SNACK Yogurt & Arrowroot Cookies Fresh Fruit	LUNCH Chicken à la King Milk Assorted Vegetables	PM SNACK Dill Dip & Tortilla Chips Assorted Vegetables
	BREAKFAST Turkey Cheddar Quiche Milk Fresh Fruit	INFANT SNACK Blueberry Muffins Fresh Fruit	LUNCH Egg Salad Sandwich Milk Assorted Vegetables	PM SNACK Maple Biscuit Fresh Fruit

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M 17

BREAKFAST	INFANT SNACK	LUNCH	PM SNACK
● Puffed Wheat	Blueberry Apple Sauce ●● & Crackers	Ratatouille Soup ●● & Crackers	Guacamole ● & Tortilla Corn Chips

Milk
Fresh Fruit

Fresh Fruit

Milk
Assorted Vegetables

Fresh Vegetables

T 18

BREAKFAST	INFANT SNACK	LUNCH	PM SNACK
● Watermelon Mint Lassi	●● Maple Biscuits	Taco Salad ● with Tortilla Corn Chips	●● Pretzel Twists ● & Cheese Cubes

Milk
Fresh Fruit

Fresh Fruit

Milk
Assorted Vegetables

Fresh Fruit

W 19

BREAKFAST	INFANT SNACK	LUNCH	PM SNACK
● Apple Cinnamon Hot Cereal	●● Mixed Berry Oatmeal	●● White Cheddar Mac & Cheese	● Smoothie ●● & Arrowroot Cookies

Milk
Fresh Fruit

Fresh Fruit

Milk
Assorted Vegetables

Fresh Fruit

T 20

BREAKFAST	INFANT SNACK	LUNCH	PM SNACK
●● Blueberry Muffin	● Hard Boiled Eggs ●● & Crackers	Chicken Chili with ●● Dinner Buns	● Tzatziki ●● & Naan Bread

Milk
Fresh Fruit

Assorted Vegetables

Milk
Assorted Vegetables

Assorted Vegetables

F 21

BREAKFAST	INFANT SNACK	LUNCH	PM SNACK
Broccoli Cheddar ●●● Tart	Vanilla Pudding ●● & Arrowroot Cookies	●●● Tuna Sandwich	●●● Oatmeal Drop

Milk
Fresh Fruit

Fresh Fruit

Milk
Assorted Vegetables

Fresh Fruit

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M 24	BREAKFAST Rice Krispies	INFANT SNACK ●●● Oatmeal Drop	LUNCH ●●● Vegetable & Wild Rice ●●● Soup with Dinner Buns	PM SNACK Salsa & ● Tortilla Corn Chips
	Milk Fresh Fruit	Fresh Fruit	Milk Assorted Vegetables	Assorted Vegetables
T 25	BREAKFAST ● Scrambled Eggs & Hash Browns	INFANT SNACK ● Cheese Cubes & Rice Crackers	LUNCH ●●● Chow Mein Chicken & Vegetable Stir Fry	PM SNACK Raspberry Applesauce ●●● & Oatmeal Drop
	Milk Fresh Fruit	Assorted Vegetables	Milk Assorted Vegetables	Fresh Fruit
W 26	BREAKFAST ●●● Mixed Berry Scone	INFANT SNACK ● WowButter Banana Smoothie & ●● Arrowroot Cookies	LUNCH ●● Spaghetti Bolognese	PM SNACK Turkey Slice, ● Cheese ●● & Crackers
	Milk Fresh Fruit	Fresh Fruit	Milk Assorted Vegetables	Assorted Vegetables
T 27	BREAKFAST ●● Banana Muffin	INFANT SNACK Rice Pudding	LUNCH ●●● Chicken Caesar Salad with Crackers	PM SNACK ● Mixed Berry Lassi ●●● & Arrowroot Cookies
	Milk Fresh Fruit	Fresh Fruit	Milk Assorted Vegetables	Fresh Fruit
F 28	BREAKFAST ● Scrambled Eggs & Hash Browns	INFANT SNACK ●● Dill Dip ●●● & Naan Bread	LUNCH ●●● Vegan Nuggets with Plum Sauce & Mashed Potatoes	PM SNACK ●● Cinnamon Mounds
	Milk Fresh Fruit	Assorted Vegetables	Milk Assorted Vegetables	Fresh Fruit

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