

Early Childhood Education Lunch Menu* -Term 1

For the weeks of:
 Aug 30th - Sept 3rd
 Sept 20th - Sept 24th
 Oct 11th - Oct 15th
 Nov 1st - Nov 5th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Favorites Station

Speciality Entrée	BBQ Burger w/Coleslaw	Turkey Sausage Pizza	Sweet & Sour Grilled Chicken w/ Vegetables & Brown Rice	Turkey Chili w/ Whole Grain Tortilla Chips	Honey BBQ Chicken Chicken Sandwich
Vegetarian Entrée	Garden Burger w/ Mustard V	Classic Cheese Pizza V	Vegan Sweet & Sour Veggie Bean Mix & Brown Rice VE	Rainbow Vegan Chill w/ Tortilla Chips VE	Bean & Cheese Burrito V
Vegetables From the Field	BBQ Baked Beans	Roasted Broccoli Florets	Mixed Garden Vegetables	Seasoned Carrot Coins	Roasted Corn

Fruits	Chilled Pineapples	Fresh Apple Slices	Diced Peaches	Fresh Banana	Diced Pears
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Choose a Milk

Milk	Nonfat or 1% White Milk
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*Subject to change based on availability

V - indicates vegetarian
 VE - indicates vegan
 Green Color Font - indicates locally sources produce

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Early Childhood Education Lunch Menu* -Term 1

For the weeks of:
Sept 6th - Sept 10th
Sept 27th - Oct 1st
Oct 18th - Oct 22nd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Favorites Station					
Speciality Entrée	Grilled Cheese Sandwich V	Chicken Alfredo Macaroni w/ Garlic Knot Bread	Teriyaki Grilled Chicken w/ Vegetables and Brown Rice	Breakfast for Lunch: Boiled Egg, Turkey Sausage & Maple Pancakes	Chicken Quesadilla w/ Salsa
Vegetarian Entrée	Sunbutter & Jelly Sandwich VE	Veggie Alfredo Macaroni w/ Garlic Knot Bread	Vegan Teriyaki Mix w/ Brown Rice VE	Breakfast for Lunch: Boiled Egg & Maple Pancakes V	Cheese Quesadilla w/ Salsa V
Vegetables From the Field	Blue Ribbon Slaw	Seasoned Green Beans	Orange Broccoli	Steamed Corn	Mexican Black Beans

Fruits	All-Mixed-Up Fruit Cup	Chilled Pineapples	Orange Smiles	Diced Pears	Diced Peaches
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Early Childhood Education Lunch Menu* -Term 1

For the weeks of:
Sept 13th - Sept 17th
Oct 4th - Oct 8th
Oct 25th - Oct 29th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Favorites Station					
Speciality Entrée	Turkey Macaroni w/ Garlic Knot Bread	Jamaican Jerk Chicken Bowl w/ Brown Rice	Hot Turkey and Cheese Sandwich	Traditional Hamburger w/ Mustard	Spaghetti w/Turkey Meat Sauce w/ Cheesy Breadstick
Vegetarian Entrée	Glorious Macaroni & Cheese w/ Garlic Knot Bread V	Baked Tofu Bowl w/ Brown Rice VE	Sunbutter & Jelly Sandwich VE	Garden Burger w/ Mustard V	Veggie Tortellini w/ Cheesy Breadstick V
Vegetables From the Field	Roasted Ginger Kale	Jerk Lentils	Buffalo Cauliflower	Seasoned Potato Wedges	Citrus Glazed Carrots

Fruits	Diced Pears	Mandarin Oranges	Applesauce Cup	Fresh Banana	Fresh Apple Slices
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