

Early Childhood Menu*

Term 4

For the weeks of:

Week 1


April 19th - April 25th
May 3rd - May 9th
May 17th - May 23rd
May 31st - June 6th
June 14th - June 20th
June 28th -

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
Breakfast	Assorted Cereal/ Whole Grain Graham Crackers/ Pineapple Tidbits	Egg & Cheese Breakfast Burrito/Diced Peaches	Fruit & Yogurt Parfait w/ Granola/ Fresh Apple Slices	Oatmeal/Fresh Banana/ 100% Apple Juice	French Toast Sticks/Boiled Egg/ Mandarin Oranges	Assorted Cereals w/ Whole Grain Graham Crackers /Assorted Fruits	Assorted Muffins/ Assorted Fruits
Milk	Nonfat or 1% White Milk						
LUNCH							
Speciality Entrée	Chicken Alfredo Macaroni w/ Garlic Knot Bread	Teriyaki Grilled Chicken w/ Vegetables & Brown Rice	Hamburger w/Mustard	Spaghetti w/Chopped Turkey Meatballs w/ Cheesy Breadstick	BBQ Chicken (No Bone) w/ Dinner Roll	Sunbutter & Jelly Sandwich	Breakfast for Lunch: Boiled Egg, Turkey Sausage & Maple Pancakes w/ Syrup
Vegetarian Entrée	Super Veggie Macaroni & Cheese w/ Garlic Knot Bread V	Veggie Fried Rice V	Garden Burger w/Mustard VE	Veggie Tortellini w/ Cheesy Breadstick V	Grilled Cheese Sandwich V	Garden Burger w/ Mustard VE	Breakfast for Lunch: Boiled Egg & Maple Pancakes w/ Syrup
Available Vegetable	Mixed Garden Vegetables	Steamed Corn	Seasoned Potato Wedges w/ Ketchup	Seasoned Carrot Coins	BBQ Baked Beans	Assorted Vegetables w/ Dip	Assorted Vegetables w/ Dip
Available Fruit	Diced Pears	Fresh Apple Slices	Mandarin Oranges	Pineapple Tidbits	Banana	Assorted Fruits	Assorted Fruits
Milk	Nonfat or 1% White Milk						

V - indicates vegetarian

VE - indicates vegan

Green Color Font - indicates locally sources produce

 - indicates that substitutions have been made for Early Childhood Education

*Subject to change based on availability

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Early Childhood Menu*

Term 4

For the weeks of:

Week 2


April 26th - May 2nd
May 10th - May 16th
May 24th - May 30th
June 7th - June 13th
June 21st - June 27th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
Breakfast	Whole Grain Fluffy Pancake w/Syrup/Boiled Egg/ Fresh Apple Slices	Assorted Cereal/Whole Grain Graham Crackers/ Mandarin Oranges	Cheesy Grits/Boiled Egg/ Pineapple Tidbits	Whole Grain Apple Muffin/Banana/ Fresh Apple Slices	Whole Grain Biscuit w/ Turkey Sausage Gravy/ Mixed Fruit Cup	Assorted Cereals w/ Whole Grain Graham Crackers Assorted Muffins Assorted Fruits	Assorted Cereals w/ Whole Grain Graham Crackers Assorted Muffins Assorted Fruits
Milk	Nonfat or 1% White Milk						
LUNCH							
Specialty Entrée	Chicken Quesadilla	Chicken Salad Sandwich	BBQ Burger w/Coleslaw	Breakfast for Lunch: Boiled Egg, Turkey Sausage & Maple Pancakes w/ Syrup	Salisbury Steak w/ Gravy and Dinner Roll	American Sub Sandwich	BBQ Burger & Coleslaw w/ Tortilla Chips
Vegetarian Entrée	Cheese Quesadilla V	Sunbutter & Jelly sandwich VE	Garden Burger w/Light Mustard VE	Bean & Cheese Burrito V	Whole Grain Cheese Lasagna Rollup w/ Dinner Roll V	Vegan Garden Wrap VE	Bean & Cheese Burrito w/ Tortilla Chips V
Available Vegetable	Seasoned Green Beans	Cucumber Coins w/ Dip	Seasoned Potato Wedges w/ Ketchup	Seasoned Carrot Coins	Mixed Garden Vegetables	Assorted Vegetables w/ Dip	Assorted Vegetables w/ Dip
Available Fruit	Diced Peaches	Mixed Fruit Cup	100% Orange Juice	Diced Pears	Apple Slices	Assorted Fruits	Assorted Fruits
Milk	Nonfat or 1% White Milk						

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