



	AM Snack	Lunch	PM Snack
Week 1	2019 February		
4-Feb	Applesauce and graham cracker	Chicken Noodle Soup. Whole wheat buns DF	Rice cakes, fresh fruit
5-Feb	Buttermilk Pancakes. Banana	Mac "N" Cheese (creamy carrot cheddar sauce)	Naan bread, Hummus
6-Feb	Peach yogurt, House-made granola	Burrito casserole DF	Muffin and fruit
7-Feb	Toast and Jam. Cottage cheese	Ham and cheese sandwiches. Artisan green salad	Trail Mix, fresh fruit
8-Feb	Breakfast egg patties with ham and cheddar	Cassoulet (Chicken and white bean stew)	Goldfish crackers, sliced cucumber
Week 2			
11-Feb	Belgian Waffles, Fresh fruit	Butternut squash soup. Cheesy bread	Sliced pears and Havarti cheese
12-Feb	Blueberry yogurt, graham cracker	Chicken teriyaki and vegetable stir fry with Rice DF	Vegetable crudité
13-Feb	Cereal, milk and dried fruits	Meatloaf, green peas and mashed potatoes	Muffin and fruit
14-Feb	Stewed fruits with Granola topping.	Hamburger macaroni (Cheddar yam sauce, roasted cauliflower)	Mozza ham rolls, fresh fruit
15-Feb	Ham and cheese rolled omelet. Fresh fruit	Cod fish sticks, green peas. Caesar salad	Oatmeal raisin cookie bars. Fresh fruit
Week 3			
18-Feb	FAMILY DAY		
19-Feb	Applesauce and graham cracker	Roasted vegetables and tomato bisque. Pita bread	Rice cakes, fresh fruit
20-Feb	Strawberry yogurt, House-made granola	Penne with Bolognese sauce	Naan bread, Hummus
21-Feb	Breakfast egg patties with ham and cheddar	Chicken and apple sausages, roasted peppers, couscous DF	Trail Mix, fresh fruit
22-Feb	Toast and Jam. Cottage cheese	Sweet red Thai coconut chicken, vegetables, Jasmin rice. DF	Cinnamon Bread Pudding, fresh fruit
Week 4			
25-Feb	Breakfast egg patties with ham and cheddar	Potato Leek soup. Assorted dinner rolls	Cucumber slices, goldfish crackers
26-Feb	Cereal, milk and dried fruits	Deconstructed Chicken Pot Pie	Sliced pears and Havarti cheese
27-Feb	Peach yogurt, Graham cracker	Chili Con Carne. Pretzel buns DF	Muffin and fruit
28-Feb	Buttermilk Pancakes. Banana	Roast beef sandwiches. Artisan green salad	Vegetable crudité
1-Mar	Stewed fruits with Granola topping.	Southwest style BBQ chicken with corn and beans. Jasmin rice DF	Cheddar and Ham cubes, wheat crackers