

<b>Date:</b>	<b>AM Snack</b>	<b>Lunch</b>	<b>PM Snack</b>
<b>Week 1</b>	<b>2019 August</b>		
<b>5-Aug</b>	<b>BC DAY</b>		
<b>6-Aug</b>	Potato coins with ham and cheese	Roasted vegetables and tomato bisque. Cheesy bread	Muffin and Cantaloupe
<b>7-Aug</b>	Mango yogurt, graham cracker	Penne with chicken and broccoli cream sauce	Pizza twists, fresh pineapple
<b>8-Aug</b>	Carrot and date energy bites, banana	Meatloaf, mixed vegetables	Watermelon popsicles, goldfish crackers
<b>9-Aug</b>	Rolled ham and cheese omelettes, fresh fruits	Chicken Teriyaki, vegetable stir fry, jasmine rice	Bear Paw cookie, BC blueberries
<b>Week 2</b>			
<b>12-Aug</b>	Cheddar rice cakes, banana	Potato Leek soup, cracked pepper and roasted garlic loaf	Peach applesauce, arrowroot cookies
<b>13-Aug</b>	Peach yogurt, house-made granola	Mac and Cheese (creamy carrot cheddar sauce)	Muffin and fruit
<b>14-Aug</b>	Toast and Jam. Cottage cheese	Sweet and sour chicken, jasmine rice	Ham and cheddar cubes. Wheat crackers
<b>15-Aug</b>	Cereal and milk, mixed dried fruits	Roast beef sandwich, macaroni salad	Rice Krispy squares, fresh berries
<b>16-Aug</b>	stewed fruits, bread pudding	Crispy chicken fried rice	Watermelon, graham crackers
<b>Week 3</b>			
<b>19-Aug</b>	Belgian Waffles, Fresh fruit	Minestrone soup, kalamata olive loaf	Vegetable crudité with hummus
<b>20-Aug</b>	Baked ham and cheese rolls	Macaroni with sausages, roasted bell pepper and tomato sauce	Muffin and fruit
<b>21-Aug</b>	Fruit salad, Bear paw cookie	Butter chicken, Naan bread, rice and chutney	Baked burrito tortilla cups
<b>22-Aug</b>	Strawberry yogurt, house-made granola	Chicken salad sandwich, cherry tomatoes	Sliced pears and Havarti cheese
<b>23-Aug</b>	Carrot and date energy bites, banana	Beef cottage pie	Banana bread, BC blueberries
<b>Week 4</b>			
<b>26-Aug</b>	Toast and Jam. Cottage cheese	Butternut squash soup, pretzel buns	Rice cakes, fresh fruit
<b>27-Aug</b>	Blueberry yogurt, house-made granola	Cod nuggets, apple raisin coleslaw, roasted carrots	Muffin and fruit
<b>28-Aug</b>	French toast, banana	Ham and swiss sandwich, artisan green salad	House-made salsa, tortilla chips
<b>29-Aug</b>	Cereal and milk, mixed dried fruits	BBQ chicken with corn and beans. Dinner rolls	Maple roasted golden beets, parm bread sticks
<b>30-Aug</b>	Peach applesauce, graham cracker	Hamburger macaroni, Caesar salad	Trail Mix, Fresh fruit