

Island Public School April 2018 Nutrition Program Menu

Monday 2		Tuesday 3		Wednesday 4		Thursday 5		Friday 6	
Easter Monday School Closed		Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
		<ul style="list-style-type: none"> Red Lentil Soup with Lemon & Herb Grilled Cheese Melon Slice 	<ul style="list-style-type: none"> Fresh Baby Carrots Hummus Dip Bread Sticks 	<ul style="list-style-type: none"> Spicy Falafel Parmesan Sub Oven Fries Broccoli Spears 	<ul style="list-style-type: none"> Banana Wedge Fruit Yogurt Graham Cracker 	<ul style="list-style-type: none"> Tomato & Feta Bake Roasted Cauliflower 	<ul style="list-style-type: none"> Apple Slices Cheese Slices Oatmeal Bar 	<ul style="list-style-type: none"> Panko Breaded Sole Oven Roasted Potatoes Garden Greens 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Stick
		Veggie Option		Veggie Option		Veggie Option		Veggie Option	
		<ul style="list-style-type: none"> Red Lentil Soup with Lemon & Herb Grilled Cheese Melon Slice 		<ul style="list-style-type: none"> Spicy Falafel Parmesan Sub Oven Fries Broccoli Spears 		<ul style="list-style-type: none"> Tomato & Feta Bake Roasted Cauliflower 		<ul style="list-style-type: none"> Veggie Samosa Oven Roasted Potatoes Garden Greens 	
Monday 9		Tuesday 10		Wednesday 11		Thursday 12		Friday 13	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> Baked Cod Nuggets Oven Roasted Potatoes Steamed Corn 	<ul style="list-style-type: none"> Fresh Baby Carrots Cheese Slices Graham Cracker 	<ul style="list-style-type: none"> Cheese Burger Spicy Oven Fries Garden Salad 	<ul style="list-style-type: none"> Banana Wedges Yogurt Tube Bread Sticks 	<ul style="list-style-type: none"> Chicken Parmesan Buttered Egg Noodles Italian Mixed Vegetables 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Mini Bagel w/ jam 	<ul style="list-style-type: none"> Vegetarian Biryani with Chickpeas Sliced Carrots 	<ul style="list-style-type: none"> Melon Wedge Fruit Yogurt Graham Cracker 	<ul style="list-style-type: none"> Chili Mac 'n' Cheese Garden Salad 	<ul style="list-style-type: none"> Broccoli Spears Hummus Dip Melba Toast Cracker
Veggie Option		Veggie Option		Veggie Option		Veggie Option		Veggie Option	
<ul style="list-style-type: none"> Vegan Samosa Oven Roasted Potatoes Steamed Corn 		<ul style="list-style-type: none"> Veggie Cheese Burger Spicy Oven Fries 		<ul style="list-style-type: none"> Veggie Parmesan Buttered Egg Noodles Italian Mixed Vegetables 		<ul style="list-style-type: none"> Vegetarian Biryani with Chickpeas Sliced Carrots 		<ul style="list-style-type: none"> Chili Mac 'n' Cheese Garden Salad 	
Monday 16		Tuesday 17		Wednesday 18		Thursday 19		Friday 20	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> Cheese Pizza Pasta Salad Garden Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Sticks 	<ul style="list-style-type: none"> Cheese Tortellini with Zesty Tomato Sauce Kale Caesar Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Sticks 	<ul style="list-style-type: none"> Chicken Burger Cream of Broccoli Soup 	<ul style="list-style-type: none"> Apple Slices Fruit Yogurt Mini Bagel w/ jam 	<ul style="list-style-type: none"> Western Frittata with Salsa Baked Potato Garden Salad 	<ul style="list-style-type: none"> Kiwi Slice Cheese Slices Whole Wheat Fruit Muffin 	<ul style="list-style-type: none"> Fiery Fish Taco Baked Oven Fries Apple Slices 	<ul style="list-style-type: none"> Apple Sauce Yogurt Tube Melba Toast
Veggie Option		Veggie Option		Veggie Option		Veggie Option		Veggie Option	
<ul style="list-style-type: none"> Cheese Pizza Pasta Salad Garden Salad 		<ul style="list-style-type: none"> Cheese Tortellini with Zesty Tomato Sauce Kale Caesar Salad 		<ul style="list-style-type: none"> Veggie Burger Cream of Broccoli Soup 		<ul style="list-style-type: none"> Western Frittata with Salsa Baked Potato Garden Salad 		<ul style="list-style-type: none"> Falafel Tacos Baked Oven Fries Apple Slices 	
Monday 23		Tuesday 24		Wednesday 25		Thursday 26		Friday 27	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> Chicken Club Burger Savory Lemon Couscous Garden Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Sticks 	<ul style="list-style-type: none"> Red Lentil Soup with Lemon & Herb Grilled Cheese Melon Slice 	<ul style="list-style-type: none"> Fresh Baby Carrots Hummus Dip Bread Sticks 	<ul style="list-style-type: none"> Spicy Falafel Parmesan Sub Oven Fries Broccoli Spears 	<ul style="list-style-type: none"> Banana Wedge Fruit Yogurt Graham Cracker 	<ul style="list-style-type: none"> Tomato & Feta Bake Roasted Cauliflower 	<ul style="list-style-type: none"> Apple Slices Cheese Slices Oatmeal Bar 	<ul style="list-style-type: none"> Panko Breaded Sole Oven Roasted Potatoes Garden Greens 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Stick
Veggie Option		Veggie Option		Veggie Option		Veggie Option		Veggie Option	
<ul style="list-style-type: none"> Vegan Club Burger 		<ul style="list-style-type: none"> Red Lentil Soup with Lemon & Herb Grilled Cheese Melon Slice 		<ul style="list-style-type: none"> Spicy Falafel Parmesan Sub Oven Fries Broccoli Spears 		<ul style="list-style-type: none"> Tomato & Feta Bake Roasted Cauliflower 		<ul style="list-style-type: none"> Veggie Samosa Oven Roasted Potatoes Garden Greens 	

➤ Please note that the menu is subject to change without notice due to the availability of certain food products or through unexpected generous food donations ☺