

Island Public School January 2018 Nutrition Program Menu

Monday – 8		Tuesday – 9		Wednesday – 10		Thursday – 11		Friday – 12	
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"> W.W. Pasta w/ Zesty Tomato Sauce Meat Balls Garden Salad 	<ul style="list-style-type: none"> Fresh Baby Carrots Fruit Yogurt Graham Cracker 	<ul style="list-style-type: none"> Cheese Burger w/ Whole Grain Bun w/ Oven Fries Caesar Kale Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Sticks 	<ul style="list-style-type: none"> Grilled Chicken & Veggie Whole Grain Wrap Garden Salad 	<ul style="list-style-type: none"> Apple Slices Fruit Yogurt Mini Bagel w/ jam 	<ul style="list-style-type: none"> Cheese Pizza Pasta Salad Caesar Kale Salad 	<ul style="list-style-type: none"> Kiwi Slice Cheese Slices Whole Wheat Fruit Muffin 	<ul style="list-style-type: none"> Oven Baked Chicken Breast Steamed Rice & Veggies 	<ul style="list-style-type: none"> Apple Sauce Yogurt Tube Melba Toast
Veggie Option <ul style="list-style-type: none"> W.W. Pasta w/ Tomato Sauce 		Veggie Option <ul style="list-style-type: none"> Veggie Burger 		Veggie Option <ul style="list-style-type: none"> W/W Veggie Wrap 		Veggie Option <ul style="list-style-type: none"> N/A 		Veggie Option <ul style="list-style-type: none"> Veggie Stew 	
Monday 15		Tuesday 16		Wednesday 17		Thursday 18		Friday, January 19 th	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	P.A. Day No School	
<ul style="list-style-type: none"> Chili Cheese Bake Tomato Veggie Soup 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Sticks 	<ul style="list-style-type: none"> Chili Cheese Whole Grain Wrap Garden Salad 	<ul style="list-style-type: none"> Fresh Baby Carrots Hummus Dip Bread Sticks 	<ul style="list-style-type: none"> Stir Fry Teriyaki Chicken & Vegetables with Cantonese Noodles Garden Salad 	<ul style="list-style-type: none"> Banana Wedge Fruit Yogurt Graham Cracker 	<ul style="list-style-type: none"> Cod Nuggets on a Whole Grain Pita Cilantro Coleslaw 	<ul style="list-style-type: none"> Apple Slices Cheese Slices Oatmeal Bar 		
Veggie Option <ul style="list-style-type: none"> N/A 		Veggie Option <ul style="list-style-type: none"> Veggie chili 		Veggie Option <ul style="list-style-type: none"> Stir Fry VegTeriyaki 		Veggie Option <ul style="list-style-type: none"> Falafels-WW Pita 			
Monday 22		Tuesday 23		Wednesday 24		Thursday 25		Friday 26	
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"> Falafel Stuffed Whole Grain WW Pita Garden Salad 	<ul style="list-style-type: none"> Fresh Baby Carrots Cheese Slices Graham Cracker 	<ul style="list-style-type: none"> Lightly Spiced Chicken Thighs Oven Roasted Potato Garden Salad 	<ul style="list-style-type: none"> Banana Wedges Yogurt Tube Bread Sticks 	<ul style="list-style-type: none"> Loaded Beef Taco Caesar Kale Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Mini Bagel w/ jam 	<ul style="list-style-type: none"> Tomato Pasta & Cheese Bake Garden Salad 	<ul style="list-style-type: none"> Melon Wedge Fruit Yogurt Graham Cracker 	<ul style="list-style-type: none"> BBQ Meatballs on a Whole Grain Bun Caesar Kale Salad 	<ul style="list-style-type: none"> Broccoli Spears Hummus Dip Melba Toast Cracker
Veggie Option <ul style="list-style-type: none"> N/A 		Veggie Option <ul style="list-style-type: none"> Veggie Stew 		Veggie Option <ul style="list-style-type: none"> Veggie Bean Taco 		Veggie Option <ul style="list-style-type: none"> N/A 		Veggie Option <ul style="list-style-type: none"> Meatless Meatballs on a W.W. Bun 	
Monday 29		Tuesday 30		Wednesday 31		Thursday, February 1		Friday, February 2	
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"> W.W. Pasta w/ Zesty Tomato Sauce Meat Balls Garden Salad 	<ul style="list-style-type: none"> Fresh Baby Carrots Fruit Yogurt Graham Cracker 	<ul style="list-style-type: none"> Cheese Burger w/ Whole Grain Bun w/ Oven Fries Caesar Kale Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Sticks 	<ul style="list-style-type: none"> Grilled Chicken & Veggie Whole Grain Wrap Garden Salad 	<ul style="list-style-type: none"> Apple Slices Fruit Yogurt Mini Bagel w/ jam 	<ul style="list-style-type: none"> Cheese Pizza Pasta Salad Caesar Kale Salad 	<ul style="list-style-type: none"> Kiwi Slice Cheese Slices Whole Wheat Fruit Muffin 	<ul style="list-style-type: none"> Oven Baked Chicken Breast Steamed Rice & Veggies 	<ul style="list-style-type: none"> Apple Sauce Yogurt Tube Melba Toast
Veggie Option <ul style="list-style-type: none"> W.W. Pasta w/ Tomato Sauce 		Veggie Option <ul style="list-style-type: none"> Veggie Burger 		Veggie Option <ul style="list-style-type: none"> W/W Veggie Wrap 		Veggie Option <ul style="list-style-type: none"> N/A 		Veggie Option <ul style="list-style-type: none"> Veggie Stew 	

➤ 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 ☺