

Island Public School June 2018 Nutrition Program Menu

Monday 4		Tuesday 5		Wednesday 6		Thursday 7		Friday 8 PA DAY	
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"> • 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 		
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 			
Monday 11		Tuesday 12		Wednesday 13		Thursday 14		Friday 15	
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 • 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
Veggie Option		Veggie Option		Veggie Option		Veggie Option		Veggie Option	
<ul style="list-style-type: none"> • Vegan Samosa • 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 18		Tuesday 19		Wednesday 20		Thursday 21		Friday 22	
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"> • Banana 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 25		Tuesday 26		Wednesday 27		Thursday 28		Friday 29	
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"> • 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 		
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 			

➤ 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☺