

## Island Public School May 2018 Nutrition Program Menu

Monday, April 30		Tuesday 1		Wednesday 2		Thursday 3		Friday 4	
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"> <li>Baked Cod Nuggets</li> <li>Roasted Potatoes</li> <li>Steamed Corn</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Baby Carrots</li> <li>Cheese Slices</li> <li>Graham Cracker</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Burger</li> <li>Spicy Oven Fries</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Banana Wedges</li> <li>Yogurt Tube</li> <li>Bread Sticks</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Parmesan</li> <li>Buttered Egg Noodles &amp; Italian Mixed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Orange Wedges</li> <li>Cheese Slices</li> <li>Mini Bagel w/ jam</li> </ul>	<ul style="list-style-type: none"> <li>Vegetarian Biryani with Chickpeas</li> <li>Sliced Carrots</li> </ul>	<ul style="list-style-type: none"> <li>Melon Wedge</li> <li>Fruit Yogurt</li> <li>Graham Cracker</li> </ul>	<ul style="list-style-type: none"> <li>Chili Mac 'n' Cheese</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Broccoli Spears</li> <li>Hummus Dip</li> <li>Melba Toast</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Vegan Samosa</li> <li>Roasted Potatoes</li> <li>Steamed Corn</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Veggie Cheese Burger</li> <li>Spicy Oven Fries</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Veggie Parmesan</li> <li>Buttered Egg Noodles &amp; Italian Mixed Vegetables</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Vegetarian Biryani with Chickpeas</li> <li>Sliced Carrots</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Chili Mac 'n' Cheese</li> <li>Garden Salad</li> </ul>	
Monday 7		Tuesday 8		Wednesday 9		Thursday 10		Friday 11	
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"> <li>Cheese Pizza</li> <li>Pasta Salad</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Orange Wedges</li> <li>Cheese Slices</li> <li>Bread Sticks</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Tortellini with Zesty Tomato Sauce</li> <li>Kale Caesar Salad</li> </ul>	<ul style="list-style-type: none"> <li>Orange Wedges</li> <li>Cheese Slices</li> <li>Bread Sticks</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Burger</li> <li>Cream of Broccoli Soup</li> </ul>	<ul style="list-style-type: none"> <li>Apple Slices</li> <li>Fruit Yogurt</li> <li>Mini Bagel w/ jam</li> </ul>	<ul style="list-style-type: none"> <li>Western Frittata with Salsa</li> <li>Baked Potato</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Kiwi Slice</li> <li>Cheese Slices</li> <li>Whole Wheat Fruit Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Garden Salad</li> <li>Apple Slices</li> </ul>	<ul style="list-style-type: none"> <li>Apple Sauce</li> <li>Yogurt Tube</li> <li>Melba Toast</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Pasta Salad</li> <li>Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Cheese Tortellini with Zesty Tomato Sauce</li> <li>Kale Caesar Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Veggie Burger</li> <li>Cream of Broccoli Soup</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Western Frittata with Salsa</li> <li>Baked Potato</li> <li>Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Garden Salad</li> <li>Apple Slices</li> </ul>	
Monday 14		Tuesday 15		Wednesday 16		Thursday 17		Friday 18	
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"> <li>Chicken Club Burger &amp; Savory Lemon Couscous</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Orange Wedges</li> <li>Cheese Slices</li> <li>Bread Sticks</li> </ul>	<ul style="list-style-type: none"> <li>Red Lentil Soup with Lemon &amp; Herb</li> <li>Grilled Cheese</li> <li>Melon Slice</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Baby Carrots</li> <li>Hummus Dip</li> <li>Bread Sticks</li> </ul>	<ul style="list-style-type: none"> <li>Spicy Falafel Parmesan Sub</li> <li>Oven Fries</li> <li>Broccoli Spears</li> </ul>	<ul style="list-style-type: none"> <li>Banana Wedge</li> <li>Fruit Yogurt</li> <li>Graham Cracker</li> </ul>	<ul style="list-style-type: none"> <li>Tomato &amp; Feta Bake</li> <li>Roasted Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>Apple Slices</li> <li>Cheese Slices</li> <li>Oatmeal Bar</li> </ul>	<ul style="list-style-type: none"> <li>Panko Breaded Sole &amp; Oven Roasted Potatoes</li> <li>Garden Greens</li> </ul>	<ul style="list-style-type: none"> <li>Orange Wedges</li> <li>Cheese Slices</li> <li>Bread Stick</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Vegan Club Burger</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Red Lentil Soup with Lemon &amp; Herb</li> <li>Grilled Cheese</li> <li>Melon Slice</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Spicy Falafel Parmesan Sub</li> <li>Oven Fries</li> <li>Broccoli Spears</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Tomato &amp; Feta Bake</li> <li>Roasted Cauliflower</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Veggie Samosa</li> <li>Oven Roasted Potatoes</li> <li>Garden Greens</li> </ul>	
Monday 21		Tuesday 22		Wednesday 23		Thursday 24		Friday 25	
<b>Victoria Day Holiday No School</b>		Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
		<ul style="list-style-type: none"> <li>Cheese Burger</li> <li>Spicy Oven Fries</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Banana Wedges</li> <li>Yogurt Tube</li> <li>Bread Sticks</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Parmesan</li> <li>Buttered Egg Noodles &amp; Italian Mixed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Orange Wedges</li> <li>Cheese Slices</li> <li>Mini Bagel w/ jam</li> </ul>	<ul style="list-style-type: none"> <li>Vegetarian Biryani with Chickpeas</li> <li>Sliced Carrots</li> </ul>	<ul style="list-style-type: none"> <li>Melon Wedge</li> <li>Fruit Yogurt</li> <li>Graham Cracker</li> </ul>	<ul style="list-style-type: none"> <li>Chili Mac 'n' Cheese</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Broccoli Spears</li> <li>Hummus Dip</li> <li>Melba Toast</li> </ul>
		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Veggie Cheese Burger</li> <li>Spicy Oven Fries</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Veggie Parmesan</li> <li>Buttered Egg Noodles &amp; Italian Mixed Vegetables</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Vegetarian Biryani with Chickpeas</li> <li>Sliced Carrots</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Chili Mac 'n' Cheese</li> <li>Garden Salad</li> </ul>	
Monday 28		Tuesday 29		Wednesday 30		Thursday 31		Friday, June 1	
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"> <li>Cheese Pizza</li> <li>Pasta Salad</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Orange Wedges</li> <li>Cheese Slices</li> <li>Bread Sticks</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Tortellini with Zesty Tomato Sauce</li> <li>Kale Caesar Salad</li> </ul>	<ul style="list-style-type: none"> <li>Orange Wedges</li> <li>Cheese Slices</li> <li>Bread Sticks</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Burger</li> <li>Cream of Broccoli Soup</li> </ul>	<ul style="list-style-type: none"> <li>Apple Slices</li> <li>Fruit Yogurt</li> <li>Mini Bagel w/ jam</li> </ul>	<ul style="list-style-type: none"> <li>Western Frittata with Salsa</li> <li>Baked Potato</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Kiwi Slice</li> <li>Cheese Slices</li> <li>Whole Wheat Fruit Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Fiery Fish Taco</li> <li>Baked Oven Fries</li> <li>Apple Slices</li> </ul>	<ul style="list-style-type: none"> <li>Apple Sauce</li> <li>Yogurt Tube</li> <li>Melba Toast</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Pasta Salad</li> <li>Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Cheese Tortellini with Zesty Tomato Sauce</li> <li>Kale Caesar Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Veggie Burger</li> <li>Cream of Broccoli Soup</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Western Frittata with Salsa</li> <li>Baked Potato</li> <li>Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>Falafel Tacos</li> <li>Baked Oven Fries</li> <li>Apple Slices</li> </ul>	

➤ 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 ☺