

Island Public School December 2020 Nutrition Program Menu

| Monday Nov. 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"> •Chicken Shawarma Pita •Basmati Rice •Seasonal Veggies | <ul style="list-style-type: none"> • Apple Slices • Cheese Slice • WG Melba Toast | <ul style="list-style-type: none"> •Falafels •Steamed Rice with Peas •Coleslaw | <ul style="list-style-type: none"> • Baby Carrots • Yogurt Tube • WG Oatmeal Cookie | <ul style="list-style-type: none"> • Cheesy Pizza • Pasta Salad • Garden Salad | <ul style="list-style-type: none"> • Apple Sauce • Cheese Slices • WG Mini Bagel | <ul style="list-style-type: none"> •Tomato & Feat Bake •Seasonal Veggies | <ul style="list-style-type: none"> • Baby Carrots • Yogurt Tube • WG Scone | <ul style="list-style-type: none"> •Panko Breaded Sole •Oven Roasted Potatoes •Garden Greens | <ul style="list-style-type: none"> • Whole Orange • Cheese Slice • Superfood Bar |
| Veggie Option <ul style="list-style-type: none"> • Vegetarian Pita • Basmati Rice • Seasonal Veggies | | Veggie Option <ul style="list-style-type: none"> •Falafels •Steamed Rice w/ Peas •Coleslaw | | Veggie Option <ul style="list-style-type: none"> • Cheesy Pizza • Pasta Salad • Garden Salad | | Veggie Option <ul style="list-style-type: none"> •Tomato & Feat Bake •Seasonal Veggies | | Veggie Option <ul style="list-style-type: none"> •Breaded Eggplant •Oven Roasted Potatoes •Garden Greens | |
| 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"> •Oven Fried Chicken •Oven Spiced Potatoes •Seasonal Veggies | <ul style="list-style-type: none"> • Baby Carrots • Cheese Slice • WG Mini Bagel | <ul style="list-style-type: none"> •Cheese Burger with toppings •Pasta Salad •Garden Salad | <ul style="list-style-type: none"> • Apple Slices • Yogurt Tube • WG Scone | <ul style="list-style-type: none"> • Vegetarian Biryani • Cucumber Slices • Garden Salad | <ul style="list-style-type: none"> • Whole Orange • Cheese Slice • WG Melba Toast | <ul style="list-style-type: none"> •Penne with Zesty Tomato Sauce •Caesar Kale and Chickpea Salad | <ul style="list-style-type: none"> • Apple Sauce • Yogurt Tube • WG Mini Muffin | <ul style="list-style-type: none"> •Chicken Fried Rice •Garden Salad | <ul style="list-style-type: none"> • Apple Slices • Cheese Slice • WG Oatmeal Cookie |
| Veggie Option <ul style="list-style-type: none"> • Samosa • Oven Spiced Potatoes • Seasonal Veggies | | Veggie Option <ul style="list-style-type: none"> •Veggie Cheese Burger w/ toppings •Pasta Salad •Garden Salad | | Veggie Option <ul style="list-style-type: none"> • Vegetarian Biryani • Cucumber Slices • Garden Salad | | Veggie Option <ul style="list-style-type: none"> •Penne with Zesty Tomato Sauce •Caesar Kale and Chickpea Salad | | Veggie Option <ul style="list-style-type: none"> •Vegetarian Fried Rice •Garden Salad | |
| 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"> • Meat Ball Sub • Caesar Salad • Veggie Sticks | <ul style="list-style-type: none"> • Whole Clementine • Yogurt Tube • Superfood Bar | <ul style="list-style-type: none"> • Grilled Cheese • Pasta Salad • Garden Salad | <ul style="list-style-type: none"> • Baby Carrots • Cheese Slice • WG Mini Bagel | <ul style="list-style-type: none"> • Chicken Burger with toppings • Oven Baked Fries • Veggie Sticks | <ul style="list-style-type: none"> • Whole Pear • Yogurt tube • WG Oatmeal Cookie | <ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden Salad with Chickpeas | <ul style="list-style-type: none"> • Baby Carrots • Cheese Slice • WG Mini Muffin | <ul style="list-style-type: none"> • Grilled Chicken • Lemon Rice • Greek Salad | <ul style="list-style-type: none"> • Apple Sauce • Yogurt Tube • WG Scone |
| Veggie Option <ul style="list-style-type: none"> • Falafel Sub • Caesar Salad • Veggie Stick | | Veggie Option <ul style="list-style-type: none"> • Grilled Cheese • Pasta Salad • Garden Salad | | Veggie Option <ul style="list-style-type: none"> • Veggie Burger w/ Toppings • Oven Baked Fries • Veggie Sticks | | Veggie Option <ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden Salad with Chickpeas | | Veggie Option <ul style="list-style-type: none"> • Grilled Tofu • Lemon Rice • Greek Salad | |

➤ 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☺