

Island Public School February 2019 Nutrition Program Menu

Monday 4		Tuesday 5		Wednesday 6		Thursday 7		Friday 8	
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 Submarine • Caesar Salad 	<ul style="list-style-type: none"> • Apple Sauce • Yogurt Tube • Crackers 	<ul style="list-style-type: none"> • Fiery Fish Taco • Baked Fries • Coleslaw 	<ul style="list-style-type: none"> • Pears • Cheese Slices • Mini Bagel 	<ul style="list-style-type: none"> • Chicken Burger • Cream of Broccoli Soup 	<ul style="list-style-type: none"> • Kiwi Slice • Fruit Yogurt Tube • Muffin 	<ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden & Chickpea Salad 	<ul style="list-style-type: none"> • Oranges • Cheese Slices • Breakfast Pita 	<ul style="list-style-type: none"> • Chicken Souvlaki • Lemon Rice • Greek Salad 	<ul style="list-style-type: none"> • Apple Sauce • Yogurt Tube • Bread Stick
Veggie Option <ul style="list-style-type: none"> • Falafel Submarine • Caesar Salad 		Veggie Option <ul style="list-style-type: none"> • Baked Fries • Coleslaw 		Veggie Option <ul style="list-style-type: none"> • Veggie Burger • Cream of Broccoli Soup 		Veggie Option <ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden & Chickpea Salad 		Veggie Option <ul style="list-style-type: none"> • Tofu Souvlaki • Lemon Rice • Greek Salad 	
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	P.A. Day Parent-Teacher Interviews No School	
<ul style="list-style-type: none"> • Loaded Beef Taco • Basmati Rice • Seasonal Veggies 	<ul style="list-style-type: none"> • Orange Wedges • Cheese Slices • Crackers 	<ul style="list-style-type: none"> • Red Lentil Soup with Lemon & Herb • Grilled Cheese 	<ul style="list-style-type: none"> • Apples • Yogurt Tube • Cookie 	<ul style="list-style-type: none"> • Chicken Strip Wrap • Spicy Oven Fries • Broccoli Spears 	<ul style="list-style-type: none"> • Baby Carrots • Cheese Slice • Pita 	<ul style="list-style-type: none"> • Tomato & Feta Bake • Seasonal Veggies 	<ul style="list-style-type: none"> • Pears • Yogurt Tube • Scone 		
Veggie Option <ul style="list-style-type: none"> • Vegetarian Taco • Basmati Rice • Seasonal Veggies 		Veggie Option <ul style="list-style-type: none"> • Red Lentil Soup with Lemon & Herb • Grilled Cheese 		Veggie Option <ul style="list-style-type: none"> • Falafel Wrap • Spicy Oven Fries • Broccoli Spears 		Veggie Option <ul style="list-style-type: none"> • Tomato & Feta Bake • Seasonal Veggies 			
Monday 18		Tuesday 19		Wednesday 20		Thursday 21		Friday, February 22	
Family Day No School		Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
		<ul style="list-style-type: none"> • Cheese Burger • Oven Fries • Garden Salad 	<ul style="list-style-type: none"> • Baby Carrots • Yogurt Tube • Crackers 	<ul style="list-style-type: none"> • Chicken Strip Wrap • Pasta Salad • Garden Salad 	<ul style="list-style-type: none"> • Orange Slices • Wow Butter • Rice Cake 	<ul style="list-style-type: none"> • Philly Cheese Perogies • Caesar Kale and Chickpea Salad 	<ul style="list-style-type: none"> • Kiwi Wedge • Fruit Yogurt Tube • Cookie 	<ul style="list-style-type: none"> • Chicken Teriyaki Noodles • Coleslaw 	<ul style="list-style-type: none"> • Broccoli Spears • Hummus Dip • Melba Toast
		Veggie Option <ul style="list-style-type: none"> • Veggie Cheese Burger • Oven Fries 		Veggie Option <ul style="list-style-type: none"> • Falafel Wrap • Pasta Salad • Garden Salad 		Veggie Option <ul style="list-style-type: none"> • Vegetarian Biryani with Chickpeas • Sliced Carrots 		Veggie Option <ul style="list-style-type: none"> • Vegetable Teriyaki Noodles • Coleslaw 	
Monday 25		Tuesday 26		Wednesday 27		Thursday 28		Friday, March 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"> • Meat Ball Submarine • Caesar Salad 	<ul style="list-style-type: none"> • Apple Sauce • Yogurt Tube • Crackers 	<ul style="list-style-type: none"> • Fiery Fish Taco • Baked Fries • Coleslaw 	<ul style="list-style-type: none"> • Pears • Cheese Slices • Mini Bagel 	<ul style="list-style-type: none"> • Chicken Burger • Cream of Broccoli Soup 	<ul style="list-style-type: none"> • Kiwi Slice • Fruit Yogurt Tube • Muffin 	<ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden & Chickpea Salad 	<ul style="list-style-type: none"> • Oranges • Cheese Slices • Breakfast Pita 	<ul style="list-style-type: none"> • Chicken Souvlaki • Lemon Rice • Greek Salad 	<ul style="list-style-type: none"> • Apple Sauce • Yogurt Tube • Bread Stick
Veggie Option <ul style="list-style-type: none"> • Falafel Submarine • Caesar Salad 		Veggie Option <ul style="list-style-type: none"> • Baked Fries • Coleslaw 		Veggie Option <ul style="list-style-type: none"> • Veggie Burger • Cream of Broccoli Soup 		Veggie Option <ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden & Chickpea Salad 		Veggie Option <ul style="list-style-type: none"> • Tofu Souvlaki • 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©