

Island Public School January 2019 Nutrition Program Menu

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 • Potato Wedges • Seasonal Veggies 	<ul style="list-style-type: none"> • Sliced Apples • Cheese Slice • Mini Bagel 	<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"> • Samosa • Potato Wedges • Seasonal Veggies 		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 14		Tuesday 15		Wednesday 16		Thursday 17		Friday, January 18th P.A. 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"> • 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 		
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 			
Monday 21		Tuesday 22		Wednesday 23		Thursday 24		Friday 25	
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"> • 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 	<ul style="list-style-type: none"> • Panko Breaded Sole • Oven Roasted Potatoes • Garden Greens 	<ul style="list-style-type: none"> • Kiwi • Wow Butter • Rice Cracker
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 		Veggie Option <ul style="list-style-type: none"> • Breaded Eggplant • Oven Roasted Potatoes • Garden Greens 	
Monday 28		Tuesday 29		Wednesday 30		Thursday 31		Friday, February 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"> • Oven Fried Chicken • Potato Wedges • Seasonal Veggies 	<ul style="list-style-type: none"> • Sliced Apples • Cheese Slice • Mini Bagel 	<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"> • Samosa • Potato Wedges • Seasonal Veggies 		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 	

➤ 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©