

## Island Public School March 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"> <li>• Loaded Beef Taco</li> <li>• Basmati Rice</li> <li>• Seasonal Veggies</li> </ul>	<ul style="list-style-type: none"> <li>• Orange Wedges</li> <li>• Cheese Slices</li> <li>• Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Red Lentil Soup with Lemon &amp; Herb</li> <li>• Grilled Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Apples</li> <li>• Yogurt Tube</li> <li>• Cookies</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Strip Wrap</li> <li>• Spicy Oven Fries</li> <li>• Broccoli Spears</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Cheese Slice</li> <li>• Pita</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato &amp; Feta Bake</li> <li>• Seasonal Veggies</li> </ul>	<ul style="list-style-type: none"> <li>• Pears</li> <li>• Yogurt Tube</li> <li>• Scone</li> </ul>	<ul style="list-style-type: none"> <li>• Panko Breaded Sole</li> <li>• Oven Roasted Potatoes</li> <li>• Garden Greens</li> </ul>	<ul style="list-style-type: none"> <li>• Kiwi</li> <li>• Wow Butter</li> <li>• Rice Cracker</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegetarian Taco</li> <li>• Basmati Rice</li> <li>• Seasonal Veggies</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> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Falafel Wrap</li> <li>• Spicy 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>• Seasonal Veggies</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Breaded Eggplant</li> <li>• Oven Roasted Potatoes</li> <li>• Garden Greens</li> </ul>	
<h3 style="margin: 0;">March Break</h3> <h3 style="margin: 0;">Monday 11 to Friday 15</h3>									
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"> <li>• Oven Fried Chicken</li> <li>• Potato Wedges</li> <li>• Seasonal Veggies</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced Apples</li> <li>• Cheese Slice</li> <li>• Mini Bagel</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Burger</li> <li>• Oven Fries</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Yogurt Tube</li> <li>• Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Strip Wrap</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Orange Slices</li> <li>• Wow Butter</li> <li>• Rice Cake</li> </ul>	<ul style="list-style-type: none"> <li>• Philly Cheese Perogies</li> <li>• Caesar Kale and Chickpea Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Kiwi Wedge</li> <li>• Fruit Yogurt Tube</li> <li>• Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Teriyaki Noodles</li> <li>• Coleslaw</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>• Samosa</li> <li>• Potato Wedges</li> <li>• Seasonal Veggies</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Veggie Cheese Burger</li> <li>• Oven Fries</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Falafel Wrap</li> <li>• Pasta Salad</li> <li>• Garden Salad</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>• Vegetable Teriyaki Noodles</li> <li>• Coleslaw</li> </ul>	
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	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> <li>• Meat Ball Submarine</li> <li>• Caesar Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Sauce</li> <li>• Yogurt Tube</li> <li>• Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Fiery Fish Taco</li> <li>• Baked Fries</li> <li>• Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• Pears</li> <li>• Cheese Slices</li> <li>• Mini Bagel</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>• Kiwi Slice</li> <li>• Fruit Yogurt Tube</li> <li>• Muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Chili Mac 'n' Cheese</li> <li>• Garden &amp; Chickpea Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Oranges</li> <li>• Cheese Slices</li> <li>• Breakfast Pita</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Souvlaki</li> <li>• Lemon Rice</li> <li>• Greek Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Sauce</li> <li>• Yogurt Tube</li> <li>• Bread Stick</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Falafel Submarine</li> <li>• Caesar Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Baked Fries</li> <li>• Coleslaw</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>• Chili Mac 'n' Cheese</li> <li>• Garden &amp; Chickpea Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Tofu Souvlaki</li> <li>• Lemon Rice</li> <li>• Greek Salad</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☺