

# Island Public School May 2019 Nutrition Program Menu

Monday 29		Tuesday 30		Wednesday, May 1		Thursday, May 2		Friday, May 3	
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>• WG 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>• WG 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>• WG Oatmeal 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>• Pear Slice</li> <li>• Cheese Slice</li> <li>• WG Blueberry Scone</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 6		Tuesday 7		Wednesday 8		Thursday 9		Friday 10	
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>• WG 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>• Pear Slice</li> <li>• Cheese Slices</li> <li>• WG 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>• WG 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>• WG 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>• Cucumber Slices</li> <li>• Hummus Dip</li> <li>• WG Pita</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>• Vegetable Teriyaki Noodles</li> <li>• Coleslaw</li> </ul>	
Monday 13		Tuesday 14		Wednesday 15		Thursday 16		Friday 17	
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>• WG Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Red Lentil Soup with Lemon &amp; Herb</li> <li>• Cheese Sandwiches</li> </ul>	<ul style="list-style-type: none"> <li>• Apples</li> <li>• Yogurt Tube</li> <li>• WG Oatmeal Cookie</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>• WG Breakfast 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>• Pear Slice</li> <li>• Yogurt Tube</li> <li>• WG Cranberry 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>	
<b>Victoria Day Holiday No School</b>	Tuesday 21		Wednesday 22		Thursday 23		Friday 24		
	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>• Oven Fries</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Yogurt Tube</li> <li>• WG 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>• WG Oatmeal 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>• Pear Slice</li> <li>• Cheese Slice</li> <li>• WG Blueberry Scone</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 27		Tuesday 28		Wednesday 29		Thursday 30		Friday 31	
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>• WG 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>• Pear Slice</li> <li>• Cheese Slices</li> <li>• WG 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>• WG 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>• WG Breakfast Pita</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Teriyaki Noodles</li> <li>• Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• Cucumber Slices</li> <li>• Hummus Dip</li> <li>• WG Pita</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>• Vegetable Teriyaki Noodles</li> <li>• Coleslaw</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 😊