

## Island Public School February 2021 Nutrition Program Menu

Monday 15		Tuesday 16		Wednesday 17		Thursday 18		Friday 19	
<b>Family Day No School</b>		<b>Hot Lunch</b>	<b>Morning Snack</b>	<b>Hot Lunch</b>	<b>Morning Snack</b>	<b>Hot Lunch</b>	<b>Morning Snack</b>	<b>Hot Lunch</b>	<b>Morning Snack</b>
		<ul style="list-style-type: none"> <li>• Cheese Burger with toppings</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Slices</li> <li>• Yogurt Tube</li> <li>• WG Scone</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetarian Biryani</li> <li>• Cucumber Slices</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Orange</li> <li>• Cheese Slice</li> <li>• WG Melba Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Penne with Zesty Tomato Sauce</li> <li>• Caesar Kale and Chickpea Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Sauce</li> <li>• Yogurt Tube</li> <li>• WG Mini Muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Fried Rice</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Slices</li> <li>• Cheese Slice</li> <li>• WG Oatmeal Cookie</li> </ul>
<b>Family Day No School</b>		<b>Veggie Option</b>		<b>Veggie Option</b>		<b>Veggie Option</b>		<b>Veggie Option</b>	
		<ul style="list-style-type: none"> <li>• Veggie Cheese Burger w/ toppings</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>		<ul style="list-style-type: none"> <li>• Vegetarian Biryani</li> <li>• Cucumber Slices</li> <li>• Garden Salad</li> </ul>		<ul style="list-style-type: none"> <li>• Penne with Zesty Tomato Sauce</li> <li>• Caesar Kale and Chickpea Salad</li> </ul>		<ul style="list-style-type: none"> <li>• Vegetarian Fried Rice</li> <li>• Garden Salad</li> </ul>	
Monday 22		Tuesday 23		Wednesday 24		Thursday 25		Friday 26	
<b>Hot Lunch</b>	<b>Morning Snack</b>	<b>Hot Lunch</b>	<b>Morning Snack</b>	<b>Hot Lunch</b>	<b>Morning Snack</b>	<b>Hot Lunch</b>	<b>Morning Snack</b>	<b>Hot Lunch</b>	<b>Morning Snack</b>
<ul style="list-style-type: none"> <li>• Meat Ball Sub</li> <li>• Caesar Salad</li> <li>• Veggie Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Clementine</li> <li>• Yogurt Tube</li> <li>• Superfood Bar</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Cheese</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Cheese Slice</li> <li>• WG Mini Bagel</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Burger with toppings</li> <li>• Oven Baked Fries</li> <li>• Veggie Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Pear</li> <li>• Yogurt tube</li> <li>• WG Oatmeal Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Chili Mac 'n' Cheese</li> <li>• Garden Salad with Chickpeas</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Cheese Slice</li> <li>• WG Mini Muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Chicken</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>• WG Scone</li> </ul>
<b>Veggie Option</b>		<b>Veggie Option</b>		<b>Veggie Option</b>		<b>Veggie Option</b>		<b>Veggie Option</b>	
<ul style="list-style-type: none"> <li>• Falafel Sub</li> <li>• Caesar Salad</li> <li>• Veggie Stick</li> </ul>		<ul style="list-style-type: none"> <li>• Grilled Cheese</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>		<ul style="list-style-type: none"> <li>• Veggie Burger w/ Toppings</li> <li>• Oven Baked Fries</li> <li>• Veggie Sticks</li> </ul>		<ul style="list-style-type: none"> <li>• Chili Mac 'n' Cheese</li> <li>• Garden Salad with Chickpeas</li> </ul>		<ul style="list-style-type: none"> <li>• Grilled Tofu</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 ☺