

Island Public School March 2021 Nutrition Program Menu

Monday 1		Tuesday 2		Wednesday 3		Thursday 4		Friday 5	
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"> •Chicken Shawarma Pita •Basmati Rice •Seasonal Veggies 	<ul style="list-style-type: none"> • Apple Slices • Cheese Slice • WG Melba Toast 	<ul style="list-style-type: none"> •Falafels •Steamed Rice with Peas •Coleslaw 	<ul style="list-style-type: none"> • Baby Carrots • Yogurt Tube • WG Oatmeal Cookie 	<ul style="list-style-type: none"> • Cheesy Pizza • Pasta Salad • Garden Salad 	<ul style="list-style-type: none"> • Apple Sauce • Cheese Slices • WG Mini Bagel 	<ul style="list-style-type: none"> •Tomato & Feat Bake •Seasonal Veggies 	<ul style="list-style-type: none"> • Baby Carrots • Yogurt Tube • WG Scone 	<ul style="list-style-type: none"> •Panko Breaded Sole •Oven Roasted Potatoes •Garden Greens 	<ul style="list-style-type: none"> • Whole Orange • Cheese Slice • Superfood Bar
Veggie Option <ul style="list-style-type: none"> • Vegetarian Pita • Basmati Rice • Seasonal Veggies 		Veggie Option <ul style="list-style-type: none"> •Falafels •Steamed Rice w/ Peas •Coleslaw 		Veggie Option <ul style="list-style-type: none"> • Cheesy Pizza • Pasta Salad • Garden Salad 		Veggie Option <ul style="list-style-type: none"> •Tomato & Feat Bake •Seasonal Veggies 		Veggie Option <ul style="list-style-type: none"> •Breaded Eggplant •Oven Roasted Potatoes •Garden Greens 	
Monday 8		Tuesday 9		Wednesday 10		Thursday 11		Friday 12	
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 •Oven Spiced Potatoes •Seasonal Veggies 	<ul style="list-style-type: none"> • Baby Carrots • Cheese Slice • WG Mini Bagel 	<ul style="list-style-type: none"> •Cheeseburger with toppings •Pasta Salad •Garden Salad 	<ul style="list-style-type: none"> • Apple Slices • Yogurt Tube • WG Scone 	<ul style="list-style-type: none"> • Vegetarian Biryani • Cucumber Slices • Garden Salad 	<ul style="list-style-type: none"> • Whole Orange • Cheese Slice • WG Melba Toast 	<ul style="list-style-type: none"> •Penne with Zesty Tomato Sauce •Caesar Kale and Chickpea Salad 	<ul style="list-style-type: none"> • Apple Sauce • Yogurt Tube • WG Mini Muffin 	<ul style="list-style-type: none"> •Chicken Fried Rice •Garden Salad 	<ul style="list-style-type: none"> • Apple Slices • Cheese Slice • WG Oatmeal Cookie
Veggie Option <ul style="list-style-type: none"> • Samosa • Oven Spiced Potatoes • Seasonal Veggies 		Veggie Option <ul style="list-style-type: none"> •Veggie Cheese Burger w/ toppings •Pasta Salad •Garden Salad 		Veggie Option <ul style="list-style-type: none"> • Vegetarian Biryani • Cucumber Slices • Garden Salad 		Veggie Option <ul style="list-style-type: none"> •Penne with Zesty Tomato Sauce •Caesar Kale and Chickpea Salad 		Veggie Option <ul style="list-style-type: none"> •Vegetarian Fried Rice •Garden Salad 	
Monday 15		Tuesday 16		Wednesday 17		Thursday 18		Friday 19	
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 Sub • Caesar Salad • Veggie Sticks 	<ul style="list-style-type: none"> • Whole Clementine • Yogurt Tube • Superfood Bar 	<ul style="list-style-type: none"> • Grilled Cheese • Pasta Salad • Garden Salad 	<ul style="list-style-type: none"> • Baby Carrots • Cheese Slice • WG Mini Bagel 	<ul style="list-style-type: none"> • Chicken Burger with toppings • Oven Baked Fries • Veggie Sticks 	<ul style="list-style-type: none"> • Whole Pear • Yogurt tube • WG Oatmeal Cookie 	<ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden Salad with Chickpeas 	<ul style="list-style-type: none"> • Baby Carrots • Cheese Slice • WG Mini Muffin 	<ul style="list-style-type: none"> • Grilled Chicken • Lemon Rice • Greek Salad 	<ul style="list-style-type: none"> • Apple Sauce • Yogurt Tube • WG Scone
Veggie Option <ul style="list-style-type: none"> • Falafel Sub • Caesar Salad • Veggie Stick 		Veggie Option <ul style="list-style-type: none"> • Grilled Cheese • Pasta Salad • Garden Salad 		Veggie Option <ul style="list-style-type: none"> • Veggie Burger w/ Toppings • Oven Baked Fries • Veggie Sticks 		Veggie Option <ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden Salad with Chickpeas 		Veggie Option <ul style="list-style-type: none"> • Grilled Tofu • Lemon Rice • Greek Salad 	
Monday 1		Tuesday 2		Wednesday 3		Thursday 4		Friday 5	
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"> •Chicken Shawarma Pita •Basmati Rice •Seasonal Veggies 	<ul style="list-style-type: none"> • Apple Slices • Cheese Slice • WG Melba Toast 	<ul style="list-style-type: none"> •Falafels •Steamed Rice with Peas •Coleslaw 	<ul style="list-style-type: none"> • Baby Carrots • Yogurt Tube • WG Oatmeal Cookie 	<ul style="list-style-type: none"> • Cheesy Pizza • Pasta Salad • Garden Salad 	<ul style="list-style-type: none"> • Apple Sauce • Cheese Slices • WG Mini Bagel 	<ul style="list-style-type: none"> •Tomato & Feat Bake •Seasonal Veggies 	<ul style="list-style-type: none"> • Baby Carrots • Yogurt Tube • WG Scone 	<ul style="list-style-type: none"> •Panko Breaded Sole •Oven Roasted Potatoes •Garden Greens 	<ul style="list-style-type: none"> • Whole Orange • Cheese Slice • Superfood Bar
Veggie Option <ul style="list-style-type: none"> • Vegetarian Pita • Basmati Rice • Seasonal Veggies 		Veggie Option <ul style="list-style-type: none"> •Falafels •Steamed Rice w/ Peas •Coleslaw 		Veggie Option <ul style="list-style-type: none"> • Cheesy Pizza • Pasta Salad • Garden Salad 		Veggie Option <ul style="list-style-type: none"> •Tomato & Feat Bake •Seasonal Veggies 		Veggie Option <ul style="list-style-type: none"> •Breaded Eggplant •Oven Roasted Potatoes •Garden Greens 	

➤ 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 ☺