

## Island Public School September 2018 Nutrition Program Menu

Monday 10		Tuesday 11		Wednesday 12		Thursday 13		Friday 14	
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>• Baked Cod Nuggets</li> <li>• Roasted Potatoes</li> <li>• Steamed Corn</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Baby Carrots</li> <li>• Cheese Slices</li> <li>• Graham Cracker</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Burger</li> <li>• Spicy Oven Fries</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Banana Wedges</li> <li>• Yogurt Tube</li> <li>• Bread Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Parmesan</li> <li>• Buttered Egg Noodles &amp; Italian Mixed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Orange Wedges</li> <li>• Cheese Slices</li> <li>• Mini Bagel w/ jam</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetarian Biryani with Chickpeas</li> <li>• Sliced Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Melon Wedge</li> <li>• Fruit Yogurt</li> <li>• Oatmeal Bar</li> </ul>	<ul style="list-style-type: none"> <li>• Chili Mac 'n' Cheese</li> <li>• Garden Salad</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>• Vegan Samosa</li> <li>• Roasted Potatoes</li> <li>• Steamed Corn</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Veggie Cheese Burger</li> <li>• Spicy Oven Fries</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Veggie Parmesan</li> <li>• Buttered Egg Noodles &amp; Italian Mixed Vegetables</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>• Chili Mac 'n' Cheese</li> <li>• Garden Salad</li> </ul>	
Monday 17		Tuesday 18		Wednesday 19		Thursday 20		Friday 21	
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>• Cheese Pizza</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Orange Wedges</li> <li>• Cheese Slices</li> <li>• Bread Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Tortellini with Zesty Tomato Sauce</li> <li>• Kale Caesar Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Banana Wedges</li> <li>• Cheese Slices</li> <li>• Bread Sticks</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>• Apple Slices</li> <li>• Fruit Yogurt</li> <li>• Mini Bagel w/ jam</li> </ul>	<ul style="list-style-type: none"> <li>• Western Frittata with Salsa</li> <li>• Baked Potato</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Kiwi Slice</li> <li>• Cheese Slices</li> <li>• Whole Wheat Fruit Muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Garden Salad</li> <li>• Apple Slices</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Sauce</li> <li>• Yogurt Tube</li> <li>• Melba Toast</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Cheese Tortellini with Zesty Tomato Sauce</li> <li>• Kale Caesar Salad</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>• Western Frittata with Salsa</li> <li>• Baked Potato</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Garden Salad</li> <li>• Apple Slices</li> </ul>	
Monday 24		Tuesday 25		Wednesday 26		Thursday 27		Friday 28	
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>• Chicken Club Burger &amp; Savory Lemon Couscous</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Orange Wedges</li> <li>• Cheese Slices</li> <li>• Bread Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Red Lentil Soup with Lemon &amp; Herb</li> <li>• Grilled Cheese</li> <li>• Melon Slice</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Baby Carrots</li> <li>• Hummus Dip</li> <li>• Bread Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Spicy Falafel Parmesan Sub</li> <li>• Oven Fries</li> <li>• Broccoli Spears</li> </ul>	<ul style="list-style-type: none"> <li>• Banana Wedge</li> <li>• Fruit Yogurt</li> <li>• Graham Cracker</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato &amp; Feta Bake</li> <li>• Roasted Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Slices</li> <li>• Cheese Slices</li> <li>• Oatmeal Bar</li> </ul>	<ul style="list-style-type: none"> <li>• Panko Breaded Sole &amp; Oven Roasted Potatoes</li> <li>• Garden Greens</li> </ul>	<ul style="list-style-type: none"> <li>• Orange Wedges</li> <li>• Cheese Slices</li> <li>• Bread Stick</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegan Club Burger</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> <li>• Melon Slice</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Spicy Falafel Parmesan Sub</li> <li>• 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>• Roasted Cauliflower</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Veggie Samosa</li> <li>• Oven Roasted Potatoes</li> <li>• Garden Greens</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☺