

## Island Public School June 2022 Nutrition Program Menu

May 30		May 31		Wednesday 1		Thursday 2		Friday 3	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	<b>P.A. Day No School</b>	
<ul style="list-style-type: none"> <li>• Oven Fried Chicken</li> <li>• Oven Spiced Potatoes</li> <li>• Seasonal Veggies</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>• Beef Burger w/ 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>• Oven Baked Cod Nuggets</li> <li>• Oven Baked Fries</li> <li>• Cucumber Slices</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>• Garden Salad</li> <li>• Chickpea Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Sauce</li> <li>• Yogurt Tube</li> <li>• WG Mini Muffin</li> </ul>		
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegan Samosa</li> <li>• Oven Spiced Potatoes</li> <li>• Seasonal Veggies</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Veggie Burger w/ toppings</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegetarian Biryani</li> <li>• Cucumber Slices</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Penne with Zesty Tomato Sauce</li> <li>• Garden Salad</li> <li>• Chickpea Salad</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>• Panko Breaded Sole</li> <li>• Oven Roasted Potatoes</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Orange</li> <li>• Yogurt Tube</li> <li>• Superfood Bar</li> </ul>	<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>• 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>• Apple Slices</li> <li>• Cheese Slice</li> <li>• WG Melba Toast</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> <ul style="list-style-type: none"> <li>• Vegan Samosa</li> <li>• Oven Roasted Potatoes</li> <li>• Garden Salad</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>• Veggie Burger w/ Toppings</li> <li>• Oven Baked Fries</li> <li>• Veggie Sticks</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Chili Mac 'n' Cheese</li> <li>• Garden Salad with Chickpeas</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Oven Baked Falafels</li> <li>• Lemon Rice</li> <li>• Greek Salad</li> </ul>	
Tuesday 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>• Oven Fried Chicken</li> <li>• Oven Spiced Potatoes</li> <li>• Seasonal Veggies</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>• Beef Burger w/ 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>• Oven Baked Cod Nuggets</li> <li>• Oven Baked Fries</li> <li>• Cucumber Slices</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>• Garden Salad</li> <li>• 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 Shawarma Pita</li> <li>• Steamed Basmati Rice</li> <li>• Seasonal Local Veg</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Slices</li> <li>• Cheese Slice</li> <li>• WG Oatmeal Cookie</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegan Samosa</li> <li>• Oven Spiced Potatoes</li> <li>• Seasonal Veggies</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Veggie Burger w/ toppings</li> <li>• Pasta Sala</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegetarian Biryani</li> <li>• Cucumber Slice</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Penne with Zesty Tomato Sauce</li> <li>• Garden Salad</li> <li>• Chickpea Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegetarian Pita</li> <li>• Steamed Basmati Ric</li> <li>• Seasonal Local Veg</li> </ul>	
Monday 20		Tuesday 21		Wednesday 22		Thursday 23		Friday 24	
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>• Panko Breaded Sole</li> <li>• Oven Roasted Potatoes</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Orange</li> <li>• Yogurt Tube</li> <li>• Superfood Bar</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Pasta Sala</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 Frie</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>• Apple Slices</li> <li>• Cheese Slice</li> <li>• WG Melba Toast</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> <ul style="list-style-type: none"> <li>• Vegan Samosa</li> <li>• Oven Roasted Potatoes</li> <li>• Garden Salad</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>• Veggie Burger w/ Toppings</li> <li>• Oven Baked Fries</li> <li>• Veggie Sticks</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Chili Mac 'n' Cheese</li> <li>• Garden Salad with Chickpeas</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Oven Baked Falafels</li> <li>• Lemon Rice</li> <li>• Greek Salad</li> </ul>	
Monday 27		Tuesday 28		Wednesday 29		Thursday 30 (Last Day of School)		Friday 31	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	<b>July 1<sup>st</sup> No School</b>	
<ul style="list-style-type: none"> <li>• Oven Fried Chicken</li> <li>• Oven Spiced Potatoes</li> <li>• Seasonal Veggies</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>• Beef Burger w/ 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>• Oven Baked Cod Nuggets</li> <li>• Oven Baked Fries</li> <li>• Cucumber Slices</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>• Garden Salad</li> <li>• Chickpea Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Sauce</li> <li>• Yogurt Tube</li> <li>• WG Mini Muffin</li> </ul>		
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegan Samosa</li> <li>• Oven Spiced Potatoes</li> <li>• Seasonal Veggies</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Veggie Burger w/ toppings</li> <li>• Pasta Sala</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegetarian Biryani</li> <li>• Cucumber Slice</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Penne with Zesty Tomato Sauce</li> <li>• Garden Salad</li> <li>• Chickpea 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 ☺