

Island Public School November 2020 Nutrition Program Menu

Monday 2		Tuesday 3		Wednesday 4		Thursday 5		Friday 6	
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 9		Tuesday 10		Wednesday 11		Thursday 12		Friday 13	
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 16		Tuesday 17		Wednesday 18		Thursday 19		Friday 20	
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"> Cheese Burger 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 23		Tuesday 24		Wednesday 25		Thursday 26		Friday 27	
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 	

➤ 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 ☺