

YUMMY

FALL/WINTER MENU 2023

Weeks of: November 6th, December 4th, January 2nd & 29th, February 26th, March 25th, April 22nd

Preschool – School Age Menu

| DAY | A.M. SNACK | LUNCH | P.M. SNACK |
|------------------|---|--|---|
| MONDAY | Whole Grain Cereal Milk | Butter Chicken & Vegetables (cauliflower, chicken, *mixed bell pepper strips, onions, *peas, *sliced carrots) Whole Wheat Couscous Fresh Fruit | Apple Oat Bun Fresh Fruit |
| TUESDAY | Coconut Oatmeal Bar | Extra Lean Beef Bolognese Whole Wheat Rotini *Spring Mix Salad Fresh Fruit | Whole Wheat Naan Edamame & Green Pea Spread |
| WEDNESDAY | Whole Grain Blueberry Scone Blueberry & Apple 100% Fruit Puree | Yummy Corn Chowder (cauliflower, *carrots, celery, corn, onions, potatoes, white beans) 9 Grain Bread Dill Dairy Free Spread Fresh Fruit | Fresh Fruit Whole Grain Sundried Tomato & Basil Crackers |
| THURSDAY | Whole Grain Raisin Bread Cinnamon Spread | Baked Pollock Fish Wedge Garden Rice (*broccoli, brown rice, *green/red peppers, onions, *squash) Fresh Fruit | Fresh Vegetables Pretzel Roll |
| FRIDAY | Yogurt Fresh Fruit | Turkey & Black Bean Taco Whole Wheat Tortilla *Lettuce with Purple Cabbage & *Carrots Fresh Fruit | Vegan Oatmeal Cranberry Cookie Dragon Fruit & Apple 100% Fruit Puree |

Milk and/or Water are served with lunch and snacks

- * Indicates Dark Green and/or Dark Orange Fruit or Vegetable Offered Daily
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes

YUMMY

FALL/WINTER MENU 2023

Weeks of: November 13th, December 11th, January 8th, February 5th, March 4th, April 2nd & 29th

Preschool – School Age Menu

| DAY | A.M. SNACK | LUNCH | P.M. SNACK |
|------------------|---|---|--|
| MONDAY | Whole Grain Cereal Milk | Egg & Veggie Stirfry (*broccoli, cabbage, cauliflower, *carrots, egg, *green/red/yellow pepper strips, onions, rice vermicelli) Fresh Fruit | Yummy Tropical Fruit & Veg Salsa Multigrain Pita Crackers |
| TUESDAY | Waffles Raspberry Crumble 100% Fruit Puree | Baked Haddock & Cod Fish Cakes Golden Vegetable Barley (barley, *carrots, celery, corn, onions, *spinach) Fresh Fruit | Fresh Fruit Whole Grain Cheese Bite Crackers |
| WEDNESDAY | Whole Grain Apple Cinnamon Cereal Mix Fresh Fruit Milk | Tri Colour Cheese Tortellini w/ Pureed Lentil Rose Sauce *Spring Mix Salad Fresh Fruit | Whole Grain Strawberry Banana Oat Loaf Acai Berry & Apple 100% Fruit Puree |
| THURSDAY | Whole Wheat English Muffin Yummy Sweet Peach Mango Bean Spread | Pumpkin Soup (*carrots, *green peas, orzo pasta, *pumpkin, white beans) Light Rye Bread Maple Dairy Free Spread Fresh Fruit | Yogurt Multigrain Trail Mix |
| FRIDAY | Whole Grain Everything Morning Toast Crackers Hard Boiled Egg | Baked Chicken Kafta w/Gravy Brown Rice *Green Salad Fresh Fruit | Fresh Carrots Mini Pizza Swirl |

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YUMMY

FALL/WINTER MENU 2023

Weeks of: November 20th, December 18th, January 15th, February 12th, March 11th, April 8th

Preschool – School Age Menu

| DAY | A.M. SNACK | LUNCH | P.M. SNACK |
|------------------|--|---|--|
| MONDAY | Whole Grain Cereal Milk | Vegetarian Lazy Lasagna (celery, *green/red peppers, mafalda pasta, onions, *spinach, soy protein, tomatoes) *Spring Mix Salad Fresh Fruit | Blueberry Oat Bun Fresh Fruit |
| TUESDAY | Fruit & Oatmeal Bar | Chicken Noodle Soup (celery, *diced carrots, diced chicken, fresh noodles, *kale, onions, potatoes) Whole Wheat Homestyle Bread Garlic Dairy Free Spread Fresh Fruit | Garlic Naan Yummy Tomato Bruschetta |
| WEDNESDAY | Whole Grain Cinnamon Scone Pumpkin & Apple 100% Fruit Puree | Baked Pollock Fish Wedge Tomato Brown Rice *Green Salad Fresh Fruit | Fresh Fruit Spice Snaps |
| THURSDAY | Whole Grain Cranberry Bread Very Berry Spread | Extra Lean Beef Sloppy Joe Whole Wheat Bun Mixed Vegetables (*carrots, *green and yellow beans) Fresh Fruit | Fresh Vegetables Pretzel Roll |
| FRIDAY | Yogurt Fresh Fruit | Chicken Stroganoff with Pasta (chicken, corn, mushrooms, onions, parsley, pasta, *sliced carrots, *spinach) Fresh Fruit | Vegan Oatmeal Date Cookies Unsweetened Applesauce |

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YUMMY

FALL/WINTER MENU 2023

Weeks of: November 27th, December 27th, January 22nd, February 20th, March 18th, April 15th

Preschool – School Age Menu

| DAY | A.M. SNACK | LUNCH | P.M. SNACK |
|------------------|---|--|--|
| MONDAY | Whole Grain Cereal Milk | Baked Chicken w/ Tomato Sauce Whole Wheat Bun Mixed Winter Blend Vegetables (*broccoli, cauliflower) Fresh Fruit | Yummy Tropical Fruit & Veg Salsa Multigrain Pita Crackers |
| TUESDAY | Waffles Maple & Apple 100% Fruit Puree | Chickpea Florentine (chickpeas, onions, pasta, *spinach) *Green Salad w/ Shredded Carrots Fresh Fruit | Fresh Fruit Whole Grain Triscuit |
| WEDNESDAY | Whole Grain Apple Cinnamon Cereal Mix Fresh Fruit Milk | Minestrone Soup (cabbage, *carrots, celery, kidney beans, onions, pasta, *peas, potatoes, tomatoes) Whole Wheat Bread Dairy Free Spread Fresh Fruit | Whole Grain Carrot Spice Loaf Pear & Apple 100% Fruit Puree |
| THURSDAY | Whole Wheat English Muffin Yummy Sweet Peach Mango Bean Spread | Chicken Vegetable Italiano (*carrots, celery, chicken breast strips, *green peppers, mushrooms, onions, *spinach) Vegetable Fusilli Pasta Fresh Fruit | Yogurt Multigrain Trail Mix |
| FRIDAY | Cracked Wheat Crackers Dill-ish Egg Salad | Yummy Lentil Dahl Vegetable Rice (brown rice, *carrots, onions, *peas) Fresh Fruit | Fresh Carrots Mini Pizza Swirl |

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