

# **SCHOOL MENU – SUMMER 2025**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY JUNE 15</b>	<b>MONDAY JUNE 16</b>	<b>TUESDAY JUNE 17</b>	<b>WEDNESDAY JUNE 18</b>	<b>THURSDAY JUNE 19</b>	<b>FRIDAY JUNE 20</b>	<b>SATURDAY JUNE 21</b>
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE CARROT AND RAISIN OAT MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 HAM AND CHEESE EGG BITES 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 BERRIES AND BANANA PANCAKES 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ ROASTED CHICKEN ½ CUP CORNBREAD ½ CUP MIXED GREEN SALAD WITH YOUR CHOICE OF DRESSING 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 CLASSIC HAMBURGER WITH TOPPINGS 1 CUP CUCUMBER SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BUFFALO CHICKEN ON FRENCH BREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	6 OZ KOREAN GROUND BEEF RICE BOWL ½ CUP ROASTED GINGER AND GARLIC GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ FISH AND CHIPS ½ CUP OF SEASONED FRIES ½ CUP COLE SLAW FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
1 CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TERIYAKI BEEF ½ CUP RICE ¼ CUP STIR FRY VEGETABLES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1. SLICED ROASTED TURKEY WITH GRAVY ½ CUP MASHED POTATO ½ CUP ROASTED GARLIC AND HERB ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	4 CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGETABLE AND CHEESE QUESADILLA ½ CUPS ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF ROASTED POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

## **ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP**

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

# **SCHOOL MENU – SUMMER 2025**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY JUNE 22</b>	<b>MONDAY JUNE 23</b>	<b>TUESDAY JUNE 24</b>	<b>WEDNESDAY JUNE 25</b>	<b>THURSDAY JUNE 26</b>	<b>FRIDAY JUNE 27</b>	<b>SATURDAY JUNE 28</b>
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 CUP APPLE SPICE OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT ½ CUP MIXED BERRY FRUIT CUP ½ PT MILK ½ PT OJ	SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	3 PANCAKES WITH APPLE COMPOTE 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, CHORIZO AND PEPPER JACK CHEESE ON A KAISER ROLL ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 HOT OATMEAL COCONUT AND BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ BAKED ZITI 1 CUP OF ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 CHICKEN TENDERS 1 CUP OF ROASTED POTATO WEDGES ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ MAC AND CHEESE WITH PEAS AND HAM ½ CUP PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 ALL AMERICAN SUB TURKEY, HAM AND CHEESE WITH TOMATO AND LETTUCE ON A ROLL 1 CUP ROASTED VEGETABLE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHEESE TORTELLINI IN A CREAMY BASIL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN FISH STICKS POKE BOWL ½ CUP RICE 1 CUP OF ASIAN STYLE CUCUMBER SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	1 CHICKEN PARMESAN ON A WEDGE 1 CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ CHICKEN CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ BYO BURGER BAR WITH ASSORTED TOPPINGS 1 CUP WEDGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED PORK CHOPS ½ CUP OF ROASTED POTATO WEDGES ½ CUP ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ VEGGIE AND KALE DUMPLINGS OR CHICKEN DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SAUSAGE AND PEPPER PIZZA 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6OZ GROUND TURKEY PASTA BOWL ½ CUP PASTA ½ CUP VEGETABLE MEDLEY 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 FISH AND CHIPS ½ CUP BROCCOLI ½ POTATO WEDGES FRESH FRUIT 1 CUP OF SALAD ½ PT MILK

**ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP**

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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# **SCHOOL MENU – SUMMER 2025**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY JUNE 29</b>	<b>MONDAY JUNE 30</b>	<b>TUESDAY JULY 1</b>	<b>WEDNESDAY JULY 2</b>	<b>THURSDAY JULY 3</b>	<b>FRIDAY JULY 4</b>	<b>SATURDAY JULY 5</b>
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH MIXED BERRIES COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT HONEY BISCUIT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE PEACH AND OAT CRISP MUFFIN 2 VEGGIE SAUSAGE FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER WHOLE WHEAT TOAST 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
2 SPINACH LASAGNA ROLLS ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ PULLED CHICKEN NACHOS ½ CUP CORN AND BLACK BEAN SALAD 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 HAM AND GRILLED CHEESE PANINI SANDWICH ½ CUP OF MIXED GREEN SALAD WITH A CHOICE OF DRESSING 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ RIGATONI WITH BEEF BOLOGNESE ½ CUP GREEN BEANS 1 GARLIC STICK 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 HONEY MUSTARD CHICKEN MELT WITH SWISS CHEESE ON A BUN 1 CUP HOUSE CHOPPED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH SANDWICH ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ CUP OF BAKED POTATO ½ CUP OF ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN GLAZED TURKEY MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP CAULIFLOWER 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK

**ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP**

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

# **SCHOOL MENU – SUMMER 2025**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY JULY 6</b>	<b>MONDAY JULY 7</b>	<b>TUESDAY JULY 8</b>	<b>WEDNESDAY JULY 9</b>	<b>THURSDAY JULY 10</b>	<b>FRIDAY JULY 11</b>	<b>SATURDAY JULY 12</b>
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	MEXICAN SCRAMBLED EGG 2 OZ AVOCADO AND SALSA FRESH FRUIT ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	6 OZ QUICHE LORRAINE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BYO BEEF CHILI RICE BOWL ½ CUP ROASTED CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 TURKEY SALAD ON A WRAP 1 MIXED GREEN SALAD WITH FIG SPREAD DRESSING 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF MEATBALL AND SPAGHETTI ½ CUP PASTA ½ CUP CAESAR SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 BBQ GRILLED CHICKEN AND CHEESE SANDWICH 1 CUP CORN RELISH SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 FRENCH BREAD PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST 1 BAKED POTATO 1 CUP. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK FAJITA BOWL ½ CUP BLACK BEAN AND RICE ½ CUP PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 OZ KOREAN BEEF BULGOGI RICE BOWL ½ CUP RICE ½ CUP CUCUMBER AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. CAJUN CHICKEN WITH A CREAMY TOMATO SAUCE AND PENNE PASTA 1 CUP OF PENNE PASTA ½ CUP PEAS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE ½ CUP PEPPERS AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

**ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP**

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

# SCHOOL MENU – SUMMER 2025

**ALL BREADS MUST BE WHOLE GRAIN**

SUNDAY JULY 13	MONDAY JULY 14	TUESDAY JULY 15	WEDNESDAY JULY 16	THURSDAY JULY 17	FRIDAY JULY 18	SATURDAY JULY 19
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE CARROT AND RAISIN OAT MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 HAM AND CHEESE EGG BITES 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 BERRIES AND BANANA PANCAKES 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ ROASTED CHICKEN ½ CUP CORNBREAD ½ CUP MIXED GREEN SALAD WITH YOUR CHOICE OF DRESSING 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ KOREAN GROUND BEEF RICE BOWL ½ CUP ROASTED GINGER AND GARLIC GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BUFFALO CHICKEN ON FRENCH BREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	6OZ FISH AND CHIPS ½ CUP OF SEASONED FRIES ½ CUP COLE SLAW FRESH FRUIT ½ PT MILK	BBQ FRIDAY 1 HAMBURGER OR CHEESEBURGER WITH ASSORTED TOPPINGS ½ CUP MACARONI SALAD 1 CUP WATERMELON 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
1 CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TERIYAKI BEEF ½ CUP RICE ¼ CUP STIR FRY VEGETABLES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1. SLICED ROASTED TURKEY WITH GRAVY ½ CUP MASHED POTATO ½ CUP ROASTED GARLIC AND HERB ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	4 CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGETABLE AND CHEESE QUESADILLA ½ CUPS ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF ROASTED POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

**ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP**

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

# **SCHOOL MENU – SUMMER 2025**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY JULY 20</b>	<b>MONDAY JULY 21</b>	<b>TUESDAY JULY 22</b>	<b>WEDNESDAY JULY 23</b>	<b>THURSDAY JULY 24</b>	<b>FRIDAY JULY 25</b>	<b>SATURDAY JULY 26</b>
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 CUP APPLE SPICE OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT ½ CUP MIXED BERRY FRUIT CUP ½ PT MILK ½ PT OJ	SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	3 PANCAKES WITH APPLE COMPOTE 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, CHORIZO AND PEPPER JACK CHEESE ON A KAISER ROLL ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 HOT OATMEAL COCONUT AND BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ BAKED ZITI 1 CUP OF ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 CHICKEN TENDERS 1 CUP OF ROASTED POTATO WEDGES ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ MAC AND CHEESE WITH PEAS AND HAM ½ CUP PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 ALL AMERICAN SUB TURKEY, HAM AND CHEESE WITH TOMATO AND LETTUCE ON A ROLL 1 CUP ROASTED VEGETABLE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHEESE TORTELLINI IN A CREAMY BASIL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN FISH STICKS POKE BOWL ½ CUP RICE 1 CUP OF ASIAN STYLE CUCUMBER SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	1 CHICKEN PARMESAN ON A WEDGE 1 CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ CHICKEN CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ BYO BURGER BAR WITH ASSORTED TOPPINGS 1 CUP WEDGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED PORK CHOPS ½ CUP OF ROASTED POTATO WEDGES ½ CUP ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ VEGGIE AND KALE DUMPLINGS OR CHICKEN DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SAUSAGE AND PEPPER PIZZA 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6OZ GROUND TURKEY PASTA BOWL ½ CUP PASTA ½ CUP VEGETABLE MEDLEY 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 FISH AND CHIPS ½ CUP BROCCOLI ½ POTATO WEDGES FRESH FRUIT 1 CUP OF SALAD ½ PT MILK

**ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP**

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL
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# **SCHOOL MENU – SUMMER 2025**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY JULY 27</b>	<b>MONDAY JULY 28</b>	<b>TUESDAY JULY 29</b>	<b>WEDNESDAY JULY 30</b>	<b>THURSDAY JULY 31</b>	<b>FRIDAY AUG 1</b>	<b>SATURDAY AUG 2</b>
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH MIXED BERRIES COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT HONEY BISCUIT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE PEACH AND OAT CRISP MUFFIN 2 VEGGIE SAUSAGE FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER WHOLE WHEAT TOAST 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
2 SPINACH LASAGNA ROLLS ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ PULLED CHICKEN NACHOS ½ CUP CORN AND BLACK BEAN SALAD 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 HAM AND GRILLED CHEESE PANINI SANDWICH ½ CUP OF MIXED GREEN SALAD WITH A CHOICE OF DRESSING 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ RIGATONI WITH BEEF BOLOGNESE ½ CUP GREEN BEANS 1 GARLIC STICK 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 HONEY MUSTARD CHICKEN MELT WITH SWISS CHEESE ON A BUN 1 CUP HOUSE CHOPPED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH SANDWICH ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ CUP OF BAKED POTATO ½ CUP OF ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN GLAZED TURKEY MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP CAULIFLOWER 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK

**ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP**

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

# **SCHOOL MENU – SUMMER 2025**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY Aug 3</b>	<b>MONDAY Aug 4</b>	<b>TUESDAY Aug 5</b>	<b>WEDNESDAY Aug 6</b>	<b>THURSDAY Aug 7</b>	<b>FRIDAY Aug 8</b>	<b>SATURDAY Aug 9</b>
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	MEXICAN SCRAMBLED EGG 2 OZ AVOCADO AND SALSA FRESH FRUIT ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	6 OZ QUICHE LORRAINE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BYO BEEF CHILI RICE BOWL ½ CUP ROASTED CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 TURKEY SALAD ON A WRAP 1 MIXED GREEN SALAD WITH FIG SPREAD DRESSING 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF MEATBALL AND SPAGHETTI ½ CUP PASTA ½ CUP CAESAR SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 BBQ GRILLED CHICKEN AND CHEESE SANDWICH 1 CUP CORN RELISH SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 FRENCH BREAD PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST 1 BAKED POTATO 1 CUP. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK FAJITA BOWL ½ CUP BLACK BEAN AND RICE ½ CUP PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 OZ KOREAN BEEF BULGOGI RICE BOWL ½ CUP RICE ½ CUP CUCUMBER AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. CAJUN CHICKEN WITH A CREAMY TOMATO SAUCE AND PENNE PASTA 1 CUP OF PENNE PASTA ½ CUP PEAS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE ½ CUP PEPPERS AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

**ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP**

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL



# SCHOOL MENU – SUMMER 2025

**ALL BREADS MUST BE WHOLE GRAIN**

SUNDAY Aug 10	MONDAY Aug 11	TUESDAY Aug 12	WEDNESDAY Aug 13	THURSDAY Aug 14	FRIDAY Aug 15	SATURDAY Aug 16
4 WHOLE GRAIN FRENCH TOAST STICKS WITH SEASONAL FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 CUP OF HOT OATMEAL OR WHOLE GRAIN CEREAL WITH BANANA AND BLUEBERRIES 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE CARROT AND RAISIN OAT MUFFIN 2 VEGGIE BREAKFAST PATTY 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 HAM AND CHEESE EGG BITES 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	3 BERRIES AND BANANA PANCAKES 1 TURKEY BREAKFAST SAUSAGE FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT. OJ	1 WHOLE GRAIN BAGEL WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 OZ TERIYAKI SALMON ½ CUP SWEET POTATO WEDGES ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ ROASTED CHICKEN ½ CUP CORNBREAD ½ CUP MIXED GREEN SALAD WITH YOUR CHOICE OF DRESSING 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ KOREAN GROUND BEEF RICE BOWL ½ CUP ROASTED GINGER AND GARLIC GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 BUFFALO CHICKEN ON FRENCH BREAD PIZZA 1 CUP OF TOSSED SALAD FRESH FRUIT ½ PT. MILK	6OZ FISH AND CHIPS ½ CUP OF SEASONED FRIES ½ CUP COLE SLAW FRESH FRUIT ½ PT MILK	BBQ FRIDAY 1 HAMBURGER OR CHEESEBURGER WITH ASSORTED TOPPINGS ½ CUP MACARONI SALAD 1 CUP WATERMELON 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK
1 CHICKEN CAESAR SALAD BOWL 1 BREAD STICK 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ TERIYAKI BEEF ½ CUP RICE ¼ CUP STIR FRY VEGETABLES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ PERFECT FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1. SLICED ROASTED TURKEY WITH GRAVY ½ CUP MASHED POTATO ½ CUP ROASTED GARLIC AND HERB ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	4 CHICKEN TENDERS ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGETABLE AND CHEESE QUESADILLA ½ CUPS ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP OF ROASTED POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

**ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP**

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

# **SCHOOL MENU – SUMMER 2025**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY Aug 17</b>	<b>MONDAY Aug 18</b>	<b>TUESDAY Aug 19</b>	<b>WEDNESDAY Aug 20</b>	<b>THURSDAY Aug 21</b>	<b>FRIDAY Aug 22</b>	<b>SATURDAY Aug 23</b>
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 CUP APPLE SPICE OATMEAL BREAKFAST BOWL 4 OZ OF YOGURT ½ CUP MIXED BERRY FRUIT CUP ½ PT MILK ½ PT OJ	SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	3 PANCAKES WITH APPLE COMPOTE 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, CHORIZO AND PEPPER JACK CHEESE ON A KAISER ROLL ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 HOT OATMEAL COCONUT AND BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ BAKED ZITI 1 CUP OF ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	4 CHICKEN TENDERS 1 CUP OF ROASTED POTATO WEDGES ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8 OZ MAC AND CHEESE WITH PEAS AND HAM ½ CUP PEAS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 ALL AMERICAN SUB TURKEY, HAM AND CHEESE WITH TOMATO AND LETTUCE ON A ROLL 1 CUP ROASTED VEGETABLE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ CHEESE TORTELLINI IN A CREAMY BASIL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN FISH STICKS POKE BOWL ½ CUP RICE 1 CUP OF ASIAN STYLE CUCUMBER SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	1 CHICKEN PARMESAN ON A WEDGE 1 CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ CHICKEN CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ BYO BURGER BAR WITH ASSORTED TOPPINGS 1 CUP WEDGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED PORK CHOPS ½ CUP OF ROASTED POTATO WEDGES ½ CUP ROASTED CARROTS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ VEGGIE AND KALE DUMPLINGS OR CHICKEN DUMPLINGS ½ CUP SUSHI RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SAUSAGE AND PEPPER PIZZA 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6OZ GROUND TURKEY PASTA BOWL ½ CUP PASTA ½ CUP VEGETABLE MEDLEY 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 FISH AND CHIPS ½ CUP BROCCOLI ½ POTATO WEDGES FRESH FRUIT 1 CUP OF SALAD ½ PT MILK

**ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP**

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

# **SCHOOL MENU – SUMMER 2025**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY Aug 24</b>	<b>MONDAY Aug 25</b>	<b>TUESDAY Aug 26</b>	<b>WEDNESDAY Aug 27</b>	<b>THURSDAY Aug 28</b>	<b>FRIDAY Aug 29</b>	<b>SATURDAY Aug 30</b>
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH MIXED BERRIES COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT HONEY BISCUIT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE PEACH AND OAT CRISP MUFFIN 2 VEGGIE SAUSAGE FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 EGGS OVER WHOLE WHEAT TOAST 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
2 SPINACH LASAGNA ROLLS ½ CUP CAULIFLOWER 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BBQ PULLED CHICKEN NACHOS ½ CUP CORN AND BLACK BEAN SALAD 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 HAM AND GRILLED CHEESE PANINI SANDWICH ½ CUP OF MIXED GREEN SALAD WITH A CHOICE OF DRESSING 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ RIGATONI WITH BEEF BOLOGNESE ½ CUP GREEN BEANS 1 GARLIC STICK 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 HONEY MUSTARD CHICKEN MELT WITH SWISS CHEESE ON A BUN 1 CUP HOUSE CHOPPED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH SANDWICH ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP OF ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED SALMON ½ CUP OF BAKED POTATO ½ CUP OF ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ OF GUACAMOLE 1 OZ OF SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ASIAN GLAZED TURKEY MEATBALLS ½ CUP OF BROWN RICE ½ CUP OF GARLIC AND GINGER BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. GARLIC ROASTED CHICKEN ½ CUP CAULIFLOWER 1 RICE PILAF 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK

**ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP**

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

# **SCHOOL MENU – SUMMER 2025**

**ALL BREADS MUST BE WHOLE GRAIN**

<b>SUNDAY AUG 31</b>	<b>MONDAY SEP 1</b>	<b>TUESDAY SEP 2</b>	<b>WEDNESDAY SEP 3</b>	<b>THURSDAY SEP 4</b>	<b>FRIDAY SEP 5</b>	<b>SATURDAY SEP 6</b>
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	MEXICAN SCRAMBLED EGG 2 OZ AVOCADO AND SALSA FRESH FRUIT ½ PT. MILK ½ PT. OJ 4 OZ YOGURT	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT OATMEAL WITH MIXED BERRIES 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	6 OZ QUICHE LORRAINE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
6 oz FISH FILET SANDWICH ON A WHOLE WHEAT BUN ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ BYO BEEF CHILI RICE BOWL ½ CUP ROASTED CARROTS 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 TURKEY SALAD ON A WRAP 1 MIXED GREEN SALAD WITH FIG SPREAD DRESSING 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. BEEF MEATBALL AND SPAGHETTI ½ CUP PASTA ½ CUP CAESAR SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 BBQ GRILLED CHICKEN AND CHEESE SANDWICH 1 CUP CORN RELISH SALAD 1 CUP SALAD FRESH FRUIT ½ PT MILK	1 FRENCH BREAD PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP PENNE PASTA ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ GRILLED CHICKEN BREAST 1 BAKED POTATO 1 CUP. KALE AND CAESAR SALAD FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN STEAK FAJITA BOWL ½ CUP BLACK BEAN AND RICE ½ CUP PICO DE GALLO 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 OZ KOREAN BEEF BULGOGI RICE BOWL ½ CUP RICE ½ CUP CUCUMBER AND TOMATO SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. CAJUN CHICKEN WITH A CREAMY TOMATO SAUCE AND PENNE PASTA 1 CUP OF PENNE PASTA ½ CUP PEAS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE ½ CUP PEPPERS AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

**ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP**

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL