



ELMWOOD SCHOOL

Sample Snack Menu					
AM	Edamame and green pea dip with pita chips	Hot oatmeal with blueberries	Chocolate chia pudding	Cheese and crackers	Applesauce with cinnamon rice cakes
PM	Popcorn and fresh fruit	Vegetable sticks and dip	Cereal bar with fresh fruit	Vegetable sticks and dip	Treat of the week!

Junior School Bistro – May 23 to June 14, 2022

May 23 Holiday	24 Grilled cheese sandwich with alphabet soup	25 Chicken drumsticks with quinoa rice pilaf with steamed broccoli	26 Panko crusted haddock with sweet potato mash and green beans	27 Cheesy pizza hand pies with Caesar salad
30 Teriyaki noodles with mixed vegetables and tofu	31 Chicken drumsticks with barley rice pilaf and green beans	June 1 Egg salad sandwich with cucumber slices and grapes	2 Meatballs and gravy with creamy cauliflower potato mash and buttered corn	3 Pancake day with fruit salad and vanilla yoghurt
6 Macaroni with vegetarian Bolognese sauce	7 Chicken and cheese wrap with Greek pasta salad	8 Sweet potato and black bean quesadilla with sliced cucumbers and celery sticks	9 Honey garlic chicken balls with millet rice pilaf and green peas	10 School BBQ cheeseburger with Miss Vickie's chips and fresh fruit
13 Pasta with marinara sauce	14 Wowbutter and jam sandwich with fruit salad and vanilla yoghurt			