

Junior School Sample Menu

Snack Menu

AM	Cereal Bar and Fresh Fruit	Applesauce and Cinnamon Raisin Bread	Fresh Baked Good and Fresh Fruit	Vanilla Yoghurt with Granola	Cereal and Fresh Fruit
PM	Vegetables and Pita Chips	Cheese and Crackers	Pita Chips and Dip	Vegetables and Cheese	Popcorn and Fresh Fruit

Monday	Tuesday	Wednesday	Thursday	Friday
Mac n Cheese or Buttered Noodles with Broccoli	Chicken Drumsticks (Halal) with Rice and Carrots	Grilled Cheese with vegetables & Dip and Tomato Soup	Italian Meatballs (Halal) with Buttered Noodles and Broccoli	Oat Pancakes with Turkey Sausages and Fresh Fruit
Cheese Ravioli with Marinara Sauce or Buttered Noodles	Meatloaf (Halal) with Mashed Potatoes and Broccoli	Potato & Cheese Focaccia with Veggies & Dip and Chicken Noodle Soup	Yellow Lentil Curry with Rice, Green Beans, and Naan	Chicken Burger (Halal) with Oven Roasted Fries and Cucumber Slices
Pasta with Red Lentil Marinara Sauce or Buttered Noodles	Turkey Meatballs with Tzatziki Sauce, Rice, and Green Beans	Grilled Cheese with Veggies & Dip and Tomato Soup	Panko Crusted Haddock with Mashed Potatoes and Green Beans	Cheese Pizza with Caesar Salad
Pasta with Creamy Tomato Sauce or Buttered Noodles	Panko Crusted Chicken Strips (Halal) with Roasted Potatoes and Broccoli	Chicken & Cheese wrap with Veggies & Dip and Broccoli Soup	White Bean & Cheese Quesadilla with Sour Cream, Rice, and Corn	Chicken & Cheese Sandwich with Cucumber Slices & Grapes