

# ALTERNATIVE PRIMARY SCHOOL



## 3FG - Healthy Choices Fall/Winter 2016 – 2017 Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Cereal - Milk - Fruit  Apple butter sandwiches - Fruit Water/Milk	Cereal - milk - fruit  Whole grain crackers - cheese fruit milk-water	Cereal - Milk - Fruit  Yogurt - fruit - water	Cereal - Milk- Fruit  Raisin toast - fruit - water - milk	Cereal- Milk- Fruit  Waffles - maple syrup- fruit - water
<b>AM Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>Entrée</b>	Tomato Beef Macaroni and Cheese, Mixed Vegetables (Corn, Beans, Carrots, Peas), Fresh Fruit	Lean Beef Burger, Whole Wheat Bun, Relish, Diced Carrots, Fresh Fruit	Turkey/Cheese Lasagna, Green Beans, Fresh Fruit	Chicken Bean Bowtie Pasta Soup, Potato Scallion Bun, Baby Carrots, Fresh Fruit	Fish Sticks, Brown Rice, Peas and Corn, Fresh Fruit
<b>Lunch Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>PM Snack</b>	Garlic and Herb Focaccia Bread, Bruschetta, Garbanzo Beans	Cheddar Cheese Curds, Whole Wheat Crackers, Cucumber	Vanilla Yogurt, Wafer Biscuits, Fresh Fruit	Whole Wheat Cheese Pizza Slice, Fresh Fruit	Banana Roll Up (Banana, Whole Wheat Tortilla, Nut Free Butter)
<b>PM Bev</b>					

- Menu is approved by a Registered Dietitian. Water is available throughout the day
- Please see the allergy guide for the substitution meals for diets that are Dairy Free, Gluten Free, Egg Free, Vegetarian, Vegan and Halal. Please note that Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free at all times.
- Short Forms: *WW = Whole Wheat* *WG = Whole Grain* *MG = Multi Grain* *GF = Gluten Free*
- Fresh Fruits will vary and include: apple, banana, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, mango and vegetables may vary due to seasonal availability.
- All Lunches are Trans fat-free (except for naturally occurring Trans fats).

Menu In Effect: October 31, 2016



Whole Grain



Homemade



Trans-fat free



Local



Children's Favourite



Multicultural



Organic

# ALTERNATIVE PRIMARY SCHOOL

## 3FG - Healthy Choices Fall/Winter 2016 – 2017 Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Cereal - Milk - Fruit Yogurt- fruit- water	Cereal - milk - Fruit Cookies - milk- fruit	Cereal - Milk - Fruit waffles - maple syrup- fruit- milk	Cereal - Milk - Fruit Crackers - cheese- fruit- milk	Cereal- Milk - Fruit Raisin toast - cream cheese - Milk
<b>AM Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>Entrée</b>	Teriyaki Chicken Drumstick, California Mixed Vegetables (Broccoli, Carrots, Cauliflower), Fresh Fruit	Funky Chicken Stew, Orzo Pasta, Peas and Corn, Fresh Fruit	Macaroni and Cheese, Chickpea Salad, Fresh Fruit	Chicken Nuggets with Plum Sauce, Brown Rice, Baby Carrots, Fresh Fruit	Mixed Bean Chili, Whole Wheat Mini Pita, Garden Salad with Dressing, Fresh Fruit
<b>Lunch Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>PM Snack</b>	Banana Oatmeal Cookie, Baby Carrots, Spinach Dip	Corn Tortilla Chips, Salsa, Shredded Cheese	Turkey Sandwich on Whole Wheat Bread, Grape Tomatoes	Lemon Cranberry Loaf, Fresh Fruit, Cheese Curds	Organic Ginger Snaps, Creamy Vanilla Dip, Fresh Fruit
<b>PM Bev</b>					

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## 3FG - Healthy Choices Fall/Winter 2016 – 2017 Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Cereal - Milk - Fruit Cookies - milk - fruit	Cereal - Milk - Fruit Honey Bread Sticks - Milk - fruit	Cereal - Milk- Fruit Toast with cheese - Fruit - Water	Cereal - Milk - Fruit Pancakes - apple butter - Fruit- Water	Cereal - Milk - Fruit Granola Bars- Milk - Fruit
<b>AM Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>Entrée</b>	Chicken Pot Pie Pasta, Green Beans, Fresh Fruit	Fish Sticks, Brown Rice, Peas, Fresh Fruit	Sweet and Sour Beef Meatballs, Brown Rice, Diced Carrots, Fresh Fruit	Beef and Vegetable Soup, Pretzel Bun, Blanched Baby Carrots, Fresh Fruit	Moroccan Chicken Drumstick, Brown Rice, Garden Salad with Dressing, Fresh Fruit
<b>Lunch Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>PM Snack</b>	Banana Oatmeal Bar, Fresh Fruit, Vanilla Yogurt	Whole Wheat Mini Pita, Beet Hummus, Baby Carrots	Nut Free Butter Sandwich on Whole Wheat Bread, Cucumbers	Sweet Potato Crackers, Cheddar Cheese Curds, Grape Tomatoes	Blueberry Bran Loaf, Fresh Fruit, Hard Boiled Egg
<b>PM Bev</b>					

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## 3FG - Healthy Choices Fall/Winter 2016 – 2017 Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Cereal - Milk - fruit  Pancakes - fruit - maple syrup water	Cereal - milk - fruit  Apple butter sandwiches Fruit - water	Cereal - milk - fruit  Cheese - crackers - fruit water	Cereal - milk - fruit  Bread sticks - wow butter Fruit - Water	Cereal - milk - fruit  Yogurt - fruit - water
<b>AM Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>Entrée</b>	Turkey Pot Pie, Italian Mixed Vegetables (Cauliflower, Carrot, Zucchini, Beans, Red Pepper), Fresh Fruit	Salisbury Steak, Roasted Potatoes, Whole Wheat Bread, California Mixed Vegetables (Broccoli, Carrots, Cauliflower), Fresh Fruit	Whole Wheat English Muffins with Egg Patty, Peas, Fresh Fruit	Tomato Alphabet Soup, Whole Wheat Mini Bagel with Turkey Slice, Baby Carrots, Fresh Fruit	Whole Grain Spaghetti Bolognese (Beef Tomato Sauce), Peas and Corn, Fresh Fruit
<b>Lunch Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>PM Snack</b>	Organic Lemon Snaps, Fresh Fruit, Creamy Vanilla Dip	Whole Wheat Crackers, Baby Carrots, Red Pepper Dip	Cheddar Cheese Sandwich on Whole Wheat Bread, Fresh Fruit	Apple Cinnamon Loaf, Fresh Fruit, Garbanzo Beans	Trail Mix (Granola, Whole Grain Cereal, Banana Chips), Fresh Fruit, Vanilla Yogurt
<b>PM Bev</b>					

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