

# ALTERNATIVE PRIMARY SCHOOL



## 3FG - Healthy Choices Spring/Summer Menu 2017 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Cereal- Milk - Fruit - Water Honey bread sticks Fruit - Water - Cheese	Cereal - Milk - Fruit - Water  Raisin Toast with wow butter Fruit - Milk - water	Cereal- Milk - Fruit- Water  Pancakes - maple syrup Fruit - Water	Cereal- Milk - Fruit - Water  Yogurt - Fruit - Water	Cereal- Milk- Fruit - Water  Cookies - Cheese - Fruit Water
<b>AM Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>Entrée</b>	Cranberry Chicken Drumstick with Brown Rice, Mixed Vegetables (Corn, Beans, Carrots, Peas), Fresh Fruit	Italian Meatball Soup, Artisan Noor Bread, Baby Carrots, Fresh Fruit	Tomato Macaroni and Cheese, Black Bean, Corn, Green Pepper, Quinoa Salad, Fresh Fruit	Beef and Vegetable Stew, French Baguette, Fresh Fruit	Baked Fish Filet Taco, Tartar Sauce, Garden Salad, Raspberry Vinaigrette, Fresh Fruit
<b>Lunch Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>PM Snack</b>	Pita Chips, Hummus, Grape Tomatoes	Granola Round, Fresh Fruit, Cheese Curds	Whole Wheat Chicken Sandwich, Fresh Fruit	Organic Spelt Ginger Snaps, Fresh Fruit, Vanilla Dip	Banana Roll Up (Banana, Whole Wheat Tortilla, Nut Free Butter)
<b>PM Bev</b>	Milk - Water	Milk - Water	Milk - Water	Milk - Water	Milk- Water

- 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: April 17<sup>th</sup>, 2017



Whole Grain



Homemade



Trans-fat free



Local



Children's Favourite



Multicultural



Organic

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## 3FG - Healthy Choices Spring/Summer Menu 2017 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Cereal - Milk - Water - Fruit Yogurt - Fruit - Water	Cereal - Milk - Water - Fruit Crackers - Cheese - Water - Fruit	Cereal- Milk- Water - Fruit Apple butter sandwiches Fruit - Water - Milk	Cereal - Milk - Water - Fruit Waffles - Maple Syrup Fruit - Water - Milk	Cereal - Milk - Water - Fruit English Muffins - Wow Butter Fruit - Milk - Water
<b>AM Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>Entrée</b>	Tandoori Chicken Drumstick, Brown Rice, Green Beans, Fresh Fruit	Chicken Cacciatore, Whole Grain Pasta, Diced Carrots, Fresh Fruit	Korean Fish Filet, Brown Rice, Corn and Peas, Fresh Fruit	Sweet and Sour Beef Meatballs, Brown Rice, Diced Carrots, Fresh Fruit	Balsamic Chicken Drumstick, Brown Rice, Garden Salad, Italian Dressing, Fresh Fruit
<b>Lunch Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>PM Snack</b>	Oatmeal Apple Cookie, Baby Carrots, Spinach Dip	Corn Tortilla Chips, Salsa, Shredded Cheese	Zucchini Carrot Loaf, Fresh Fruit, Apple Cinnamon Dip	Pineapple Banana Oatmeal Bar, Fresh Fruit, Garbanzo Beans	Trail Mix (Granola, Whole Grain Cereal, Banana Chips), Fresh Fruit, Vanilla Yogurt
<b>PM Bev</b>	Milk - Water	Milk - Water	Milk - Water	Milk - Water	Milk - Water

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## 3FG - Healthy Choices Spring/Summer Menu 2017 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Cereal - Milk - Fruit Grilled Cheese Sandwiches Fruit - Milk - Water	Cereal - Milk - Fruit - Water Apple Butter - Whole Grain Crackers Fruit - Water- Milk	Cereal - Milk - Fruit - Water Yogurt - Fruit Water	Cereal - Milk - Fruit - Water Apple Sauce - Cookie Milk	Cereal - Milk - Fruit - Water Pancakes - Maple Syrup Fruit - Water - Milk
<b>AM Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>Entrée</b>	100% Lean Beef Burger, Whole Wheat Bun, Green Beans, Fresh Fruit	Fish Sticks, Brown Rice, Peas, Fresh Fruit	Lemon Chicken Drumstick, Whole Grain Pasta, California Mixed Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit	All White Meat Chicken Round, Brown Rice, Garden Salad, French Dressing, Fresh Fruit	Fish Burger, Whole Wheat Bun, Tartar Sauce, Peas and Carrots, Fresh Fruit
<b>Lunch Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>PM Snack</b>	Banana Loaf, Fresh Fruit, Hardboiled Egg	Whole Wheat Cheddar Cheese Sandwich, Cucumbers	Banana Oatmeal Bar, Fresh Fruit, Vanilla Dip	Sweet Potato Crackers, Cheddar Cheese Curds, Grape Tomatoes	Organic Lemon Snaps, Nutfree Yogurt Dip, Fresh Fruit
<b>PM Bev</b>	Milk - Water	Milk - Water	Milk - Water	Milk - Water	Milk - Water

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## 3FG - Healthy Choices Spring/Summer Menu 2017 Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Cereal - Milk - Fruit Apple Butter Sandwiches Milk - Water	Cereal - Milk - Fruit Cheese & Whole Grain Crackers Milk - Water	Cereal - Milk - Fruit Honey Bread sticks & Wow Butter Milk - Water	Cereal - Milk - Fruit Waffles - maple syrup Milk - Water	Cereal - Milk - Fruit Yogurt - Fruit - Water - Milk Milk - Water
<b>AM Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>Entrée</b>	Macaroni and Cheese, Chickpea and Kale Salad, Fresh Fruit	Volcano Beef Meatballs, Brown Rice, California Mixed Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit	Apple Roasted Chicken Drumstick, Whole Wheat Pasta, Peas and Corn, Fresh Fruit	Asian Chicken and Rice, Garden Salad, Balsamic Dressing, Fresh Fruit	Turkey Pot Pie, Italian Mixed Vegetables (Zucchini, Beans, Cauliflower, Red Pepper, Carrots), Fresh Fruit
<b>Lunch Bev</b>	Milk	Milk	Milk	Milk	Milk
<b>PM Snack</b>	Artisan Focaccia Bread, Creamy Butternut Squash, Broccoli and Bean Dip, Garbanzo Beans	Wafers and Applesauce, Cheese Curds	Whole Wheat Chicken Wrap, Cucumbers	Apple Cranberry Loaf, Blueberry Dip, Fresh Fruit	Tortilla Chips, Pizza Hummus, Carrot Wheels
<b>PM Bev</b>	Milk - Water	Milk - Water	Milk - Water	Milk - Water	Milk - water

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