



| Week 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|--|
| Junior School Hot Entrée | Honey Lime Chicken Quinoa and Jasmine Rice Broccoli, Carrots and Cauliflower | Creamy Alfredo Gemelli Pasta With a Freshly Baked Buttermilk Biscuit | Dip and Dusted Haddock Fingers Crinkle Cut Potatoes Creamy Coleslaw | Mini Bahn Mi Sloppy Joe's (Mini Burger Buns with a Lemongrass Beef Filling) Lettuce, Carrots Steamed Corn | Butter Chicken Basmati Rice Steamed Peas Mini Naan |
| Vegetarian Alternative | Plant Based Soy Tenders | Same as Hot Entrée | Soy Faux "Phish" | Veggie Burger | Mild Curried Tofu |
| Gluten Free Alternative | Same as Above | GF Pasta and GF Bread | GF Tortilla Alternative | GF Bun Alternative | GF Naan Alternative |
| Condiments | Soy Sauce, Ketchup | Parmesan Cheese | Soy Sauce, Ketchup | Ketchup, Mayo | Soy Sauce, Ketchup |
| Beverage | Milk or Water | Milk or Water | Milk or Water | Milk or Water | Milk or Water |
| JK – Grade 2 Crudité & Fresh Fruit *Grade 3-6 AWC Salad Bar | Cucumber Ring Baby Carrot Babybel Cheese Turkey Sandwich Sliced Oranges | Cherry Tomato Broccoli Sliced Chicken Cheddar Sandwiches Apple Slices | Cucumber Rings Diced Tomato Boiled Egg Bagel/Cream Cheese Strawberries | Cauliflower Cherry Tomato Diced Mozza Bread and Jam Banana Halves | Sliced Peppers Carrots Sliced Cheddar Assorted Pinwheels Diced Pineapple |
| Daily Indulgence | Strawberry Banana or Vanilla Yogurt Tube | Fresh Fruit for the Sweet Tooth | Made Good Soft Baked Cookie | Fresh Fruit for the Sweet Tooth | Chocolate Zucchini Loaf |
| Week 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Junior School Hot Entrée | BBQ Seasoned Chicken Pieces. Roasted Potatoes Colorful Carrots | Cavatappi Pasta with Marinara Warm Focaccia | Potato and Three Cheese Perogies Served with Sautéed Onions Broccoli | Greek Style Beef Lemon Rice Cauliflower | Roasted Salmon Potato Wedges Steamed Peas |
| Vegetarian Alternative | Lightly Spiced Soy Nuggets | Same as Hot Entrée | Same as Hot Entrée | Impossible Crumble | Ancient Grain Soy Tenders |
| Gluten Free Alternative | Same as above | Substitute to GF Pasta and GF Bread | GF Potato Perogies | Substitute to a Gluten Free Beef | Same as Hot Entrée |
| Condiments | Soy Sauce, Ketchup | Parmesan Cheese | Sour Cream | Soy Sauce, Ketchup | Ketchup, Lemon |
| Beverage | Milk or Water | Milk or Water | Milk or Water | Milk or Water | Milk or Water |
| JK – Grade 2 Crudité & Fruit *Grade 3-6 AWC Salad Bar | Cucumber Ring Baby Carrot Babybel Cheese Turkey Sandwich Sliced Oranges | Cherry Tomato Broccoli Sliced Chicken Cheddar Sandwiches Apple Slices | Cucumber Rings Diced Tomato Boiled Egg Bagel/Cream Cheese Strawberries | Cauliflower Cherry Tomato Diced Mozza Bread and Jam Banana Halves | Sliced Peppers Carrots Sliced Cheddar Assorted Pinwheels Diced Pineapple |
| Daily Indulgence | Sweets from the Earth Whoopi Pie | Fresh Fruit for the Sweet Tooth | Chocolate Milk | Fresh Fruit for the Sweet Tooth | Baked Blueberry Loaf |

