



# Menu 1

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b>	<b>Baked Kamut Bites</b> Fresh Fruit	<b>Whole Wheat Soft Apple Breakfast Cookies</b> Fresh Fruit	<b>Savory Whole Wheat Biscuits</b> Fresh Fruit	<b>Pumpkin Seed Granola Bars</b> Fresh Fruit	<b>Whole Wheat Sweet Potato Muffins</b> Fresh Fruit
<b>LUNCH</b>	<b>Rice Jollof</b> <i>with Nigerian-inspired marinated tofu</i> Baked Plantains Shredded Cabbage Salad Fresh Fruit	<b>Southwest Black Bean Wraps</b> <i>with whole wheat tortilla, shredded carrots, cucumber</i> Potato Salad Fresh Fruit	<b>Red Lentil Dal</b> <i>with fire-roasted tomatoes and potatoes</i> Seasonal Vegetables Brown Rice Fresh Fruit	<b>Rainbow Quinoa Bowl</b> <i>with roasted carrots, shredded purple cabbage, turmeric spiced chickpeas, pickled red onions and green dressing</i> Fresh Fruit	<b>Rotini Pasta Bake</b> <i>with whole wheat rotini, lentils, spinach and roasted vegetable tomato sauce</i> Peas Fresh Fruit
<b>PM SNACK</b>	<b>Whole Wheat Zucchini Bread</b> Fresh Fruit	<b>Fresh Fruit and Cocoa Avocado Dip</b> Whole Wheat Bagel Crisps	<b>Fruit and Coconut Yogurt Smoothie</b> Whole Wheat Toast	<b>Chia Seed and Coconut Milk Pudding</b> Whole Wheat Toast and Fresh Fruit	<b>Hummus and Raw Vegetable</b> Whole Wheat Pita

# Menu 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<b>Cheerio Bars</b> Fresh Fruit	<b>Whole Wheat Bagels</b> <i>with sunflower seed butter and chia jam</i> Fresh Fruit	<b>Whole Wheat Muffins</b> Fresh Fruit	<b>Whole Wheat Tea Biscuits</b> Chia Jam and Fresh Fruit	<b>Cocoa Banana Power Balls</b> Fresh Fruit
LUNCH	<b>Garlic Ginger Fried Rice</b> <i>with tofu, peas, carrots, and peppers</i> Steamed Broccoli Fresh Fruit	<b>Jackfruit Pizza</b> <i>With BBQ shredded jackfruit, plant-based cheese and whole wheat pizza crust</i> Hummus and Veggies Fresh Fruit	<b>Moroccan Spiced Lentil Burgers</b> <i>With whole wheat buns and avocado spread</i> Sweet Potato Wedges Fresh Fruit	<b>Ghormeh Sabzi</b> <i>Herb stew with kidney beans, mushrooms and spinach</i> Sesame Flat Bread and Coconut Yogurt Dip Fresh Fruit	<b>Baked Falafel</b> <i>with whole wheat pita, garlic coconut yogurt dip</i> Tahini Cucumber Kale Salad Fresh Fruit
PM SNACK	<b>Whole Wheat Tortilla Chips</b> Avocado Hummus Raw Vegetable	<b>Toasted Coconut and Strawberry Granola Bars</b> Fresh Fruit	<b>Tropical Green Smoothie</b> Toasted Edamame	<b>Coconut Yogurt and Hemp Heart Granola</b> Fresh Fruit	<b>Whole Wheat Chia Seed Pancakes</b> Maple Berry Compote Fresh Fruit



# Menu 3

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b>	<b>Whole Wheat Rhubarb Crumble Bars</b> Fresh Fruit	<b>Savory Whole Wheat Biscuits</b> Fresh Fruit	<b>Whole Wheat Soft Apple Breakfast Cookies</b> Fresh Fruit	<b>Toasted Coconut and Date Power Balls</b> Fresh Fruit	<b>Whole Wheat Muffins</b> Fresh Fruit
<b>LUNCH</b>	<b>Chickpea Stew</b> <i>with sweet potato, carrots, cauliflower</i> Brown Rice Fresh Fruit	<b>Lentil Shepherd's Pie</b> <i>with mashed potatoes</i> Whole Wheat Rolls Seasonal Veggies Fresh Fruit	<b>Quinoa Salad</b> <i>with seasonal roasted vegetables, marinated tofu and apple sauce</i> Fresh Fruit	<b>Black Bean Chili</b> Seasonal Veggies Whole Wheat Corn Bread Fresh Fruit	<b>Chickpea Salad Wraps</b> <i>with whole wheat tortilla, shredded carrots, cucumber</i> Whole Wheat Macaroni Salad Fresh Fruit
<b>PM SNACK</b>	<b>Chia Seed and Coconut Milk Pudding</b> Whole Wheat Toast Fresh Fruit	<b>Baked Pakoras with Mango Chutney</b> Fresh Fruit	<b>Whole Wheat Baked Tortilla Chips</b> Salsa Raw Vegetable	<b>Hummus and Raw Vegetable</b> Whole Wheat Pita	<b>Fruit and Coconut Yogurt Smoothie</b> Whole Wheat Toast



# Menu 4

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b>	<b>Whole Wheat Bagels</b> <i>with sunflower seed butter and chia jam</i> Fresh Fruit	<b>Baked Kamut Bites</b> Fresh Fruit	<b>Whole Wheat Muffins</b> Fresh Fruit	<b>Cheerio Bars</b> Fresh fruit	<b>Apricot, Oat and Toasted Coconut Granola Bars</b> Fresh Fruit
<b>LUNCH</b>	<b>Three Sisters Stew</b> <i>with pinto beans, corn and butternut squash</i> Baked Whole Wheat Bannock Fresh Fruit	<b>White Bean Mac and Cheese</b> <i>with whole wheat macaroni and blended white beans sauce</i> Peas and Spinach Fresh Fruit	<b>Creamy Tomato Coconut milk Curry</b> <i>with tofu</i> Brown Rice Seasonal Veggies Fresh Fruit	<b>Red Lentil Pizza</b> <i>with whole wheat pizza crust and plant-based mozzarella cheese</i> Hummus and Veggies Fresh Fruit	<b>Black Bean Burrito Bake</b> <i>with quinoa, corn, peppers and fire-roasted tomatoes</i> Seasonal Vegetables and Fresh Limes Fresh Fruit
<b>PM SNACK</b>	<b>Blueberry Kale Smoothie</b> Toasted Edamame	<b>Hummus and Raw Vegetable</b> Whole Wheat Pita	<b>Coconut Yogurt and Hemp Heart Granola</b> Fresh Fruit	<b>Whole Wheat Chia Seed Pancakes</b> Maple Berry Compote Fresh Fruit	<b>Whole Wheat Baked Tortilla Chips</b> Guacamole Raw Vegetable