

Meal	July 9	July 10	July 11	July 12	July 13	July 14	July 15
Breakfast							
Morning Snack		Cereal and Milk	House Baked Muffins	Waffles + Berries	Bagels + Cream Cheese	Egg and Cheese Breakfast Sandwiches	
Lunch		Carrot Sticks + Dip Veggie Dog/ Home Made Veggie Burger (*alternating) Garden Salad Fresh Fruit Milk	Tomato Slices Breakfast for Lunch! Scrambled Eggs Veg Sausage Roasted Potatoes Fresh Fruit Milk	Pickles Lebanese Cheese Pie Fattoush Tzatziki/Garlic Sauce Fresh Fruit Milk	Cauliflower Tofu Pad Thai Fresh Fruit Milk	Cucumber Chick Pea Pasta Salad Warm Naan Bread Fresh Fruit Milk	
Afternoon Snack		Tortilla Chips + Salsa	Veggies + Dip + Crackers	Yoghurt + Berries + Crumbs	Popcorn or Bites and Bites + Bananas	Ice Cream Sandwiches + Grapes	

Meal	July 16	July 17	July 18	July 19	July 20	July 21	July 22
Breakfast							
Morning Snack		Cereal + Milk	Yoghurt + Berries	House made Muffins	Pancakes	Toast Bar + Orange Juice (sparkles, jam, wow butter, butter, cream cheese)	
Lunch		Snap Peas Quinoa Bowls (falafel, carrots, cucumber, cilantro) Fresh Fruit Milk	Cherry Tomatoes Taco Tuesday! (Beans, Peppers, Cheese, Sour Cream) Guacamole + Tortilla Chips Fresh Fruit Milk	Pepper Sticks Green Beans Baked Tofu Sticks with Plum Sauce Oven Fries Fresh Fruit Milk	Broccoli 'Chic'n' Caesar Wraps Sweet Potatoes Fresh Fruit Milk	Baby Carrots Spaghetti + ' Meat" Sauce Baguette Fresh Fruit Milk	
Afternoon Snack		Frozen Yoghurt Tubes + Graham Crackers	Spinach Artichoke Dip + pita crisps	Bagels + Cream Cheese	House Made Cookies + Milk	Fresh Fruit Salad + Whipped Cream	