

# SAMPLE - School Food Menu

Week 1 of 3

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast,</b>	Bannock & Wildberry homeade or ED Smith Jam, Fruit (apples), cheese	Muffin-Tin Cheesey-veg Omelettes, whole wheat english muffin, Fruit (orange)	Oatmeal, Fresh Fruit (f.mixed berries*) , Yogurt, flax seeds	Cereal, Boiled Egg, Fruit (banana), milk	Wild rice Pancakes, Bison Sausage, Fruit (mixed berry compote) , Milk or yogurt
<b>Lunch</b>	Spaghetti/Meat Sauce (and basil**), caesar salad	Hamburger Soup (Chicken/beef or pork) with lots of veggies, Bannock	Elk/Moose Stew w lots of veggies, Bannock, Fruit Salad	Stir Fry** Chicken/Beef, Rice	Broccoli Cheddar Soup, Bannock, Fruit Salad
<b>Snacks</b>	Fruit salad cup, cheese	Pumpkin Muffin, Fruit (banana)	Smoothie (f.mango, spinach)	Banana Loaf, Fruit (oranges)	Yogurt Parfait (berry compote)
	3 Sisters Spice Cookies, mixed Berries	Veggies and Dip (carrots, celery, Cauliflower)	Hardboiled egg and Grapes*	Veggies and Dip (cauliflower, carrots, cherry tomato)	Apples with Wow Butter

\*Substitute berries. Grapes or other fruits with seasonal fruits when possible especially during changes of season

\*\*Utilize tower garden greens in salads and stir fry's

Cold Lunch Substitutes		Cold Breakfast Substitutes		
Sandwich, Fruit Salad, Yogurt and Garden Salad	Wrap, Fruit Salad, Greek Salad with Cheese	Fruit Smoothie (chia seeds)	Overnight Oatmeal with fresh berries	Breakfast Bar: cold fruit/berries, yogurt, seeds, cheese, boiled eggs

\*\*\* Substitute early in the week to improve prep time for items served later in the week.

# SAMPLE - School Food Menu

Week 2 of 3

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	Scrambled Egg, cheesy potatoes, fruit (oranges)	Breakfast wrap, fruit (grapes), cheese	Muffin-Tin Cheesey-veg Omelettes, whole wheat english muffin, Fruit (apple)	Oatmeal, Fresh Fruit (banana), Yogurt, pumpkin seeds	Bannock & Wildberry homeade or ED Smith Jam, Fruit (orange), cheese
<b>Lunch</b>	Roast Beef, mashed potato, Frozen mixed veg	Bison Calzone, w wildberry dip, Caesar Salad	Pulled Pork Sandwiches, Coleslaw	Pizza, Spinach** Salad, (toppings: pineapple, peppers, tomato..)	Perogies, Sausage, Broccoli salad
<b>Snacks</b>	Smoothie (f.banana, f.strawberry)	Fruit salad cup, cheese	Bran Muffin, Fruit (oranges)	Smoothie (f.berrylicious)	Pumpkin Loaf, Fruit (banana)
	Veggies and Dip (brocoli, carrot and celery)	Bagel, Cheese	Veggies and Dip (carrots, celery, Cauliflower)	3 Sisters Spice Cookies, mixed berries	Toast & Wow Butter

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Cold Lunch Substitutes		Cold Breakfast Substitutes		
Sandwich, Fruit Salad, Yogurt and Garden Salad	Wrap, Fruit Salad, Greek Salad with Cheese	Fruit Smoothie (chia seeds)	Overnight Oatmeal with fresh berries	Breakfast Bar: cold fruit/berries, yogurt, seeds, cheese, boiled eggs

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# SAMPLE - School Food Menu

Week 3 of 3

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	Cereal, Boiled Egg, Fruit (strawberries*), milk	Wild rice Pancakes, Bison Sausage, Fruit (mixed berry compote), Milk or yogurt	Ham, potatoes, fruit (grapes*), Milk or cheese	Breakfast Sandwich, fruit (oranges), cheese	Oatmeal, Fresh Fruit (f. mixed berries), Yogurt, Sunflower seeds
<b>Lunch</b>	Quesadillas with Chicken/or Beef, greek salad	Chicken, Mashed potato, frozen carrots	Chicken Noodle Soup with lots of carrot, Bannock, Fruit Salad	Fish Taco Wraps, garden** salad	Pizza, Spinach** Salad, (toppings: g.beef/leftover chkn, pineapple, peppers, tomato..)
<b>Snacks</b>	Fruit salad cup, cheese	Morning Glory Muffin, Fruit (banana)	Yogurt Parfait (berry compote)	Smoothie (f.mango, spinach)	Carrot Loaf, Fruit (oranges)
	Veggies and Dip (cauliflower, carrots, cherry tomato)	Hardboiled egg and Grapes*	Veggies and Dip (brocoli, carrot and celery)	Apples with Wow Butter	Veggies and Dip (carrots, cucumber, brocoli)

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Cold Lunch Substitutes		Cold Breakfast Substitutes		
Sandwich, Fruit Salad, Yogurt and Garden Salad	Wrap, Fruit Salad, Greek Salad with Cheese	Fruit Smoothie (chia seeds)	Overnight Oatmeal with fresh berries	Breakfast Bar: cold fruit/berries, yogurt, seeds, cheese, boiled eggs

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