







WEEK 1	WEEK 1 MENU CHOICES	MONDAY WEEK 1	TUESDAY WEEK 1	WEDNESDAY WEEK 1	THURSDAY WEEK 1	FRIDAY WEEK 1
Sept 4-6 Sept 17-20 Sept 30-Oct 4 Oct 15-18 Oct 28-Nov 1 Nov 12-15 Nov 25-29 Dec 9-13	 Healthier Eating Meal \$4.80 with White Milk \$5.25	Italian Lasagna Served with Garlic Bread OR Crisp Caesar Salad	Sloppy Joe on a WW Bun Served with Carrot Sticks and Dip	Soft Meat Taco with Seasoned Rice, Corn Kernels	Home Made Shepherds Pie with Freshly Baked Whole Wheat Roll	Baked Ham Slice, 2 Pancakes with Syrup and Berries
	 Grilled cheese Sandwich with Chicken Noodle OR Tomato Soup \$4.80	Grilled cheese Sandwich with Chicken Noodle OR Tomato Soup \$4.80	Breaded Chicken Nuggets with Choice of Dip and Served With Baked Potato Wedges or Rice \$4.80	Mashed Potatoes or Wedges with Taco Meat, and Cheese \$2.90	6" Subs, with Small Baked Chips, and Milk \$5.25	1/2 Garlic Round with Side Salad \$3.50
		Fruit Cup \$1.40 Freshly Made Pudding \$1.15	Apple Crisp \$1.60 Low Fat High Fibre Cookie \$0.60	WW Cinnamon Pulls \$2.00 Rice Krispie Square \$0.80	Apple Sauce Brownie \$0.80 Low Fat High Fibre Cookie \$0.60	Rice Krispie Square \$0.80 Fruit Cup \$1.40
WEEK 2	WEEK 2 MENU CHOICES	MONDAY WEEK 2	TUESDAY WEEK 2	WEDNESDAY WEEK 2	THURSDAY WEEK 2	FRIDAY WEEK 2
Sept-10-13 Sept 24-27 Oct 7-9 Oct 21-25 Nov 3-8 Nov 17-22 Dec 2-6 Dec 16-20	 Healthier Eating Meal \$4.80 with White Milk \$5.25	Spaghetti with Home Made Meat sauce. Served with Fresh Baked Garlic Breadstick	Chopped Chicken on a 1/2 Bun with Fresh Mashed Potato and Seasonal Vegetables	Pizza Slice on WW Crust with side of Salad, and Small Fruit Cup	Sweet and Sour Meatballs with Seasoned Rice, Hot Vegetables	Macaroni and Cheese with Side Salad or Veggie Sticks
	 Chicken Snack Wrap with Apple Wedges and Caramel Sauce \$4.00	Chicken Snack Wrap with Apple Wedges and Caramel Sauce \$4.00	Fun Fuel Pack: Pizza Roll, grapes with mini dessert and Juice Box \$4.50	Mini Sub with choice of Ham, Chicken or Beef \$3.25	Breaded Chicken Nuggets with Choice of Dip and Served With Baked Potato Wedges or Rice \$4.80	1/2 Garlic Round with Side Salad \$3.50
		Fruit Cup \$1.40 Freshly Made Pudding \$1.15	Apple Crisp \$1.60 Low Fat High Fibre Cookie \$0.60	WW Cinnamon Pulls \$2.00 Rice Krispie Square \$0.80	Apple Sauce Brownie \$0.80 Low Fat High Fibre Cookie \$0.60	Rice Krispie Square \$0.80 Fruit Cup \$1.40