

Island Public School March 2018 Nutrition Program Menu

February, Monday 26		February, Tuesday 27		February, Wednesday 28		March, Thursday 1		March, Friday 2	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> W.W. Pasta, Zesty Tomato Sauce with Meatballs Caesar Kale Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Sticks 	<ul style="list-style-type: none"> Cheese Burger w/ Whole Grain Bun w/ Oven Fries Caesar Kale Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Sticks 	<ul style="list-style-type: none"> Grilled Chicken & Veggie Whole Grain Wrap Garden Salad 	<ul style="list-style-type: none"> Apple Slices Fruit Yogurt Mini Bagel w/ jam 	<ul style="list-style-type: none"> Cheese Pizza Pasta Salad Caesar Kale Salad 	<ul style="list-style-type: none"> Kiwi Slice Cheese Slices Whole Wheat Fruit Muffin 	<ul style="list-style-type: none"> Oven Baked Chicken Breast Steamed Rice & Veggies 	<ul style="list-style-type: none"> Apple Sauce Yogurt Tube Melba Toast
Veggie Option		Veggie Option		Veggie Option		Veggie Option		Veggie Option	
<ul style="list-style-type: none"> W/W Pasta with Zesty Tomato Sauce 		<ul style="list-style-type: none"> Veggie Burger 		<ul style="list-style-type: none"> W/W Veggie Wrap 		<ul style="list-style-type: none"> N/A 		<ul style="list-style-type: none"> Veggie Stew 	
Monday 5		Tuesday 6		Wednesday 7		Thursday 8		Friday 9	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> Chili Cheese Bake Tomato Veggie Soup 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Sticks 	<ul style="list-style-type: none"> Chili Cheese Whole Grain Wrap Garden Salad 	<ul style="list-style-type: none"> Fresh Baby Carrots Hummus Dip Bread Sticks 	<ul style="list-style-type: none"> Stir Fry Teriyaki Chicken & Vegetables with Cantonese Noodles Garden Salad 	<ul style="list-style-type: none"> Banana Wedge Fruit Yogurt Graham Cracker 	<ul style="list-style-type: none"> Cod Nuggets on a Whole Grain Pita Cilantro Coleslaw 	<ul style="list-style-type: none"> Apple Slices Cheese Slices Oatmeal Bar 	<ul style="list-style-type: none"> Chicken Parmesan Oven Roasted Potato Wedges Caesar Kale Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Stick
Veggie Option		Veggie Option		Veggie Option		Veggie Option		Veggie Option	
<ul style="list-style-type: none"> N/A 		<ul style="list-style-type: none"> Veggie chili 		<ul style="list-style-type: none"> Stir Fry VegTeriyaki 		<ul style="list-style-type: none"> Falafels-WW Pita 		<ul style="list-style-type: none"> N/A 	
MARCH BREAK HOLIDAY – Monday, March 12 th to Friday, March 16 th									
Monday 19		Tuesday 20		Wednesday 21		Thursday 22		Friday 23	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> Falafel Stuffed Whole Grain WW Pita Garden Salad 	<ul style="list-style-type: none"> Fresh Baby Carrots Cheese Slices Graham Cracker 	<ul style="list-style-type: none"> Lightly Spiced Chicken Thighs Oven Roasted Potato Garden Salad 	<ul style="list-style-type: none"> Banana Wedges Yogurt Tube Bread Sticks 	<ul style="list-style-type: none"> Loaded Beef Taco Caesar Kale Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Mini Bagel w/ jam 	<ul style="list-style-type: none"> Tomato Pasta & Cheese Bake Garden Salad 	<ul style="list-style-type: none"> Melon Wedge Fruit Yogurt Graham Cracker 	<ul style="list-style-type: none"> BBQ Meatballs on a Whole Grain Bun Caesar Kale Salad 	<ul style="list-style-type: none"> Broccoli Spears Hummus Dip Melba Toast Cracker
Veggie Option		Veggie Option		Veggie Option		Veggie Option		Veggie Option	
<ul style="list-style-type: none"> N/A 		<ul style="list-style-type: none"> Veggie Stew 		<ul style="list-style-type: none"> Veggie Bean Taco 		<ul style="list-style-type: none"> N/A 		<ul style="list-style-type: none"> Meatless Meatballs on a W.W. Bun 	
Monday 26		Tuesday 27		Wednesday 28		Thursday 29		Friday 30	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Good Friday No School	
<ul style="list-style-type: none"> W.W. Pasta, Zesty Tomato Sauce with Meatballs Caesar Kale Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Sticks 	<ul style="list-style-type: none"> Cheese Burger w/ Whole Grain Bun w/ Oven Fries Caesar Kale Salad 	<ul style="list-style-type: none"> Orange Wedges Cheese Slices Bread Sticks 	<ul style="list-style-type: none"> Grilled Chicken & Veggie Whole Grain Wrap Garden Salad 	<ul style="list-style-type: none"> Apple Slices Fruit Yogurt Mini Bagel w/ jam 	<ul style="list-style-type: none"> Cheese Pizza Pasta Salad Caesar Kale Salad 	<ul style="list-style-type: none"> Kiwi Slice Cheese Slices Whole Wheat Fruit Muffin 		
Veggie Option		Veggie Option		Veggie Option		Veggie Option			
<ul style="list-style-type: none"> W/W Pasta with Zesty Tomato Sauce 		<ul style="list-style-type: none"> Veggie Burger 		<ul style="list-style-type: none"> W/W Veggie Wrap 		<ul style="list-style-type: none"> N/A 			

➤ Please note that the menu is subject to change without notice due to the availability of certain food products or through unexpected generous food donations 😊