

Island Public School October 2018 Nutrition Program Menu

Monday 1		Tuesday 2		Wednesday 3		Thursday 4		Friday 5	
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"> • Oven Fried Chicken • Mashed Potatoes • Seasonal Veggies 	<ul style="list-style-type: none"> • Sliced Apples • Cheese Slice • Melba Toast 	<ul style="list-style-type: none"> • Cheese Burger • Oven Fries • Garden Salad 	<ul style="list-style-type: none"> • Orange Wedges • Yogurt Tube • Pita Bread 	<ul style="list-style-type: none"> • Western Frittata w/ Salsa • Baked Potato • Garden Salad 	<ul style="list-style-type: none"> • Carrots • Hummus Dip • W.W. Crackers 	<ul style="list-style-type: none"> • Philly Cheese Perogies • Caesar Kale and Chickpea Salad 	<ul style="list-style-type: none"> • Banana Wedges • Fruit Yogurt • Oatmeal Bar 	<ul style="list-style-type: none"> • Chicken Teriyaki Noodles • Coleslaw 	<ul style="list-style-type: none"> • Broccoli Spears • Hummus Dip • Melba Toast
Veggie Option <ul style="list-style-type: none"> • Samosa • Mashed Potatoes • Seasonal Veggies 		Veggie Option <ul style="list-style-type: none"> • Veggie Cheese Burger • Oven Fries 		Veggie Option <ul style="list-style-type: none"> • Western Frittata w/ Salsa • Baked Potato • Garden Salad 		Veggie Option <ul style="list-style-type: none"> • Vegetarian Biryani with Chickpeas • Sliced Carrots 		Veggie Option <ul style="list-style-type: none"> • Vegetarian Teriyaki Noodle • Coleslaw 	
Monday 8		Tuesday 9		Wednesday 10		Thursday 11		Friday 12	
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"> • Meat Ball Submarine • Caesar Salad 	<ul style="list-style-type: none"> • Orange Wedges • Cheese Slices • Bread Sticks 	<ul style="list-style-type: none"> • Fiery Fish Taco • Baked Fries • Coleslaw 	<ul style="list-style-type: none"> • Banana Wedges • Cheese Slices • Bread Sticks 	<ul style="list-style-type: none"> • Chicken Burger • Cream of Broccoli Soup 	<ul style="list-style-type: none"> • Apple Slices • Fruit Yogurt • Mini Bagel w/ jam 	<ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden & Chickpea Salad 	<ul style="list-style-type: none"> • Kiwi Slice • Cheese Slices • W.W. Fruit Muffin 	<ul style="list-style-type: none"> • Chicken Souvlaki • Lemon Rice • Greek Salad 	<ul style="list-style-type: none"> • Apple Sauce • Yogurt Tube • Melba Toast
Veggie Option <ul style="list-style-type: none"> • Falafel Submarine • Caesar Salad 		Veggie Option <ul style="list-style-type: none"> • Veggie Taco • Baked Fries • Coleslaw 		Veggie Option <ul style="list-style-type: none"> • Veggie Burger • Cream of Broccoli Soup 		Veggie Option <ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden & Chickpea Salad 		Veggie Option <ul style="list-style-type: none"> • Tofu Souvlaki • Lemon Rice • Greek Salad 	
Monday 15		Tuesday 16		Wednesday 17		Thursday 18		Friday 19	
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"> • Loaded Beef Taco • Basmati Rice • Seasonal Veggies 	<ul style="list-style-type: none"> • Orange Wedges • Cheese Slices • Bread Sticks 	<ul style="list-style-type: none"> • Red Lentil Soup with Lemon & Herb • Grilled Cheese 	<ul style="list-style-type: none"> • Fresh Baby Carrots • Hummus Dip • Bread Sticks 	<ul style="list-style-type: none"> • Chicken Strip Wrap • Spicy Oven Fries • Broccoli Spears 	<ul style="list-style-type: none"> • Banana Wedge • Fruit Yogurt • Graham Cracker 	<ul style="list-style-type: none"> • Tomato & Feta Bake • Seasonal Veggies 	<ul style="list-style-type: none"> • Apple Slices • Cheese Slices • Oatmeal Bar 	<ul style="list-style-type: none"> • Panko Breaded Sole • Oven Roasted Potatoes • Garden Greens 	<ul style="list-style-type: none"> • Orange Wedges • Cheese Slices • Bread Stick
Veggie Option <ul style="list-style-type: none"> • Vegetarian Taco • Basmati Rice • Seasonal Veggies 		Veggie Option <ul style="list-style-type: none"> • Red Lentil Soup with Lemon & Herb • Grilled Cheese 		Veggie Option <ul style="list-style-type: none"> • Falafel Wrap • Spicy Oven Fries • Broccoli Spears 		Veggie Option <ul style="list-style-type: none"> • Tomato & Feta Bake • Seasonal Veggies 		Veggie Option <ul style="list-style-type: none"> • Breaded Eggplant • Oven Roasted Potatoes • Garden Greens 	
Monday 22		Tuesday 23		Wednesday 24		Thursday 25		Friday 26	
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"> • Oven Fried Chicken • Mashed Potatoes • Seasonal Veggies 	<ul style="list-style-type: none"> • Sliced Apples • Cheese Slice • Melba Toast 	<ul style="list-style-type: none"> • Cheese Burger • Oven Fries • Garden Salad 	<ul style="list-style-type: none"> • Orange Wedges • Yogurt Tube • Pita Bread 	<ul style="list-style-type: none"> • Western Frittata w/ Salsa • Baked Potato • Garden Salad 	<ul style="list-style-type: none"> • Carrots • Hummus Dip • W.W. Crackers 	<ul style="list-style-type: none"> • Philly Cheese Perogies • Caesar Kale and Chickpea Salad 	<ul style="list-style-type: none"> • Melon Wedge • Fruit Yogurt • Oatmeal Bar 	<ul style="list-style-type: none"> • Chicken Teriyaki Noodles • Coleslaw 	<ul style="list-style-type: none"> • Broccoli Spears • Hummus Dip • Melba Toast
Veggie Option <ul style="list-style-type: none"> • Samosa • Mashed Potatoes • Seasonal Veggies 		Veggie Option <ul style="list-style-type: none"> • Veggie Cheese Burger • Oven Fries 		Veggie Option <ul style="list-style-type: none"> • Western Frittata w/ Salsa • Baked Potato • Garden Salad 		Veggie Option <ul style="list-style-type: none"> • Vegetarian Biryani with Chickpeas • Sliced Carrots 		Veggie Option <ul style="list-style-type: none"> • Vegetarian Teriyaki Noodle • Coleslaw 	
Monday 29		Tuesday 30		Wednesday 31		Thursday, November 1		Friday, November 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"> • Meat Ball Submarine • Caesar Salad 	<ul style="list-style-type: none"> • Orange Wedges • Cheese Slices • Bread Sticks 	<ul style="list-style-type: none"> • Fiery Fish Taco • Baked Fries • Coleslaw 	<ul style="list-style-type: none"> • Banana Wedges • Cheese Slices • Bread Sticks 	<ul style="list-style-type: none"> • Chicken Burger • Cream of Broccoli Soup 	<ul style="list-style-type: none"> • Apple Slices • Fruit Yogurt • Mini Bagel w/ jam 	<ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden & Chickpea Salad 	<ul style="list-style-type: none"> • Kiwi Slice • Cheese Slices • Whole Wheat Fruit Muffin 	<ul style="list-style-type: none"> • Chicken Souvlaki • Lemon Rice • Greek Salad 	<ul style="list-style-type: none"> • Apple Sauce • Yogurt Tube • Melba Toast
Veggie Option <ul style="list-style-type: none"> • Falafel Submarine • Caesar Salad 		Veggie Option <ul style="list-style-type: none"> • Baked Fries • Coleslaw 		Veggie Option <ul style="list-style-type: none"> • Veggie Burger • Cream of Broccoli Soup 		Veggie Option <ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden & Chickpea Salad 		Veggie Option <ul style="list-style-type: none"> • Tofu Souvlaki • Lemon Rice • Greek Salad 	

➤ 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©