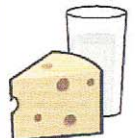



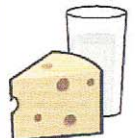

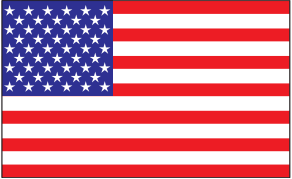



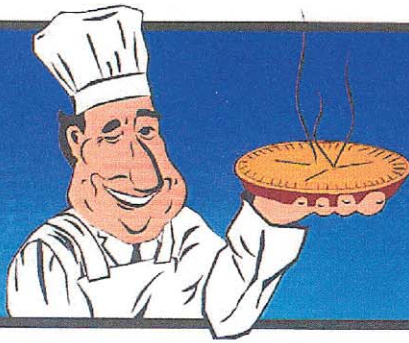


# MENU

## Week 1 (Winter Menu)

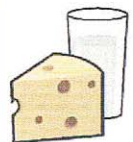



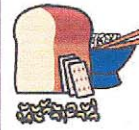

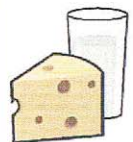

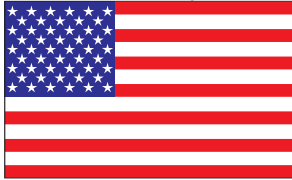


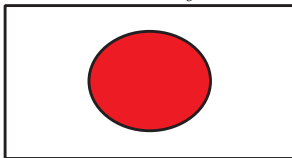
Week 1 (Winter Menu)					
<p><i>Monday</i></p>  <p>Italian</p>	<p>Meat lasagna with Small Pasta Shapes Whole Wheat Garlic Bread Garden Salad/Homemade French Dressing Fresh Veggie Sticks Fresh Fruit Milk</p>	★	★	★ ★ ★	★  ★
<p><i>Tuesday</i></p>  <p>American</p>	<p>Chicken Nuggets(White meat only) Homemade Roast Potatoes Fresh Veggie Sticks Whole Wheat Bread Fresh Fruit Milk</p>	★	★	★ ★ ★	★
<p><i>Wednesday</i></p>  <p>Mexican</p>	<p>Beef Tacos with Soft Tortilla Shells Condiments: Cheese, Salsa, Shredded Lettuce Rice Fresh Veggie Sticks Fresh Fruit Milk</p>	★	★ ★	★ ★ ★	★  ★
<p><i>Thursday</i></p>  <p>Canadian</p>	<p>Grilled Cheddar Cheese Sandwiches on Whole Wheat Bread Vegetable &amp; Alphabet Soup Fresh Veggie Sticks Fresh Fruit Milk</p>		★ ★	★ ★	★
<p><i>Friday</i></p>  <p>Italian</p>	<p>Meatball Subs in Whole Wheat Pita Pockets Shredded Cheese Fresh Veggie Sticks &amp; Dip Fresh Fruit Milk</p>	★	★	★ ★	★  ★

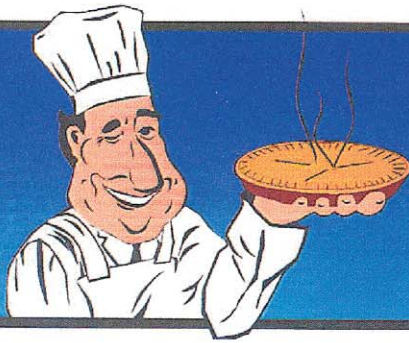


# MENU

## Week 2 (Winter Menu)

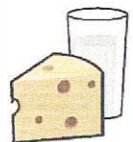
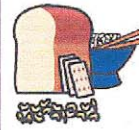







Week 2 (Winter Menu)					
<p><i>Monday</i></p>  <p>China</p>	Chicken Fried Rice with Vegetables Vegetable Egg Rolls Plum Sauce Fresh Veggie Sticks Fresh Fruit Milk	★ ★	★	★ ★ ★ ★ ★	★
<p><i>Tuesday</i></p>  <p>American</p>	Quarter Pounder Hamburgers/Buns Baked Potato Wedges Fresh Veggie Sticks Fresh Fruit Milk	★	★	★ ★ ★	★
<p><i>Wednesday</i></p>  <p>Jamaican</p>	Jerk Chicken Rice & Pigeon Peas Whole Wheat Rolls Fresh Veggie Sticks Fresh Fruit Milk	★	★	★ ★ ★	★
<p><i>Thursday</i></p>  <p>Mexican</p>	Vegetarian Chili with Vegetables Shredded Cheddar Cheese Multi Grain Roll Fresh Veggie Sticks Fresh Fruit Milk			★ ★ ★ ★	★ ★
<p><i>Friday</i></p>  <p>Japanese</p>	Chicken Teriyaki Steamed Jasmine Rice Broccoli, Carrots & Baby Corn Stir Fry Fresh Veggie Sticks Fresh Fruit Milk	★	★	★ ★ ★	★

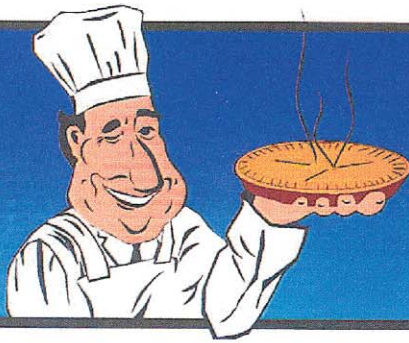


# MENU

## Week 3 (Winter Menu)

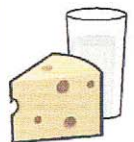





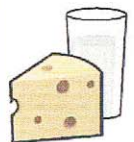


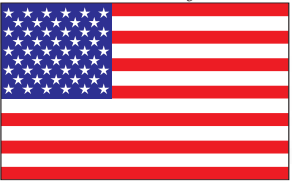


Week 3 (Winter Menu)					
<p><i>Monday</i></p>  <p><b>Morocco</b></p>	<p>Moroccan Style Chicken Stew Couscous with Vegetables Fresh Veggie Sticks and Mint Dip Fresh Fruit Milk</p>	★	★★	★★★	★
<p><i>Tuesday</i></p>  <p><b>Italian</b></p>	<p>Chicken Meatballs in Tomato Sauce Whole Wheat Penne Pasta Garden Salad Fresh Veggie Sticks Fresh Fruit Milk</p>	★	★	★★★	★
<p><i>Wednesday</i></p>  <p><b>Indian</b></p>	<p>Yellow Daal (Lentils) Basmati Rice Bombay Potatoes Fresh Veggie Sticks Fresh Fruit Milk</p>	★	★★	★★★	★
<p><i>Thursday</i></p>  <p><b>Canadian</b></p>	<p>Roast Chicken Herb &amp; Garlic Baked Potato Halves Whole Wheat Dinner Rolls Fresh Veggie Sticks Fresh Fruit Milk</p>	★	★	★★★	★
<p><i>Friday</i></p>  <p><b>Vietnamese</b></p>	<p>Vietnamese Pho Noodle Soup Multi Grain Mini Croissants and Cheddar Cheese Sandwiches Fresh Veggie Sticks Fresh Fruit Milk</p>		★★★	★★★	★



# MENU

## Week 4 (Winter Menu)



Week 4 (Winter Menu)					
<p><i>Monday</i></p>  <p>Canadian</p>	<p>Macaroni and Cheese Green Beans Rye Bread Fresh Veggie Sticks Fresh Fruit Milk</p>		★	★ ★ ★	★  ★
<p><i>Tuesday</i></p>  <p>Canadian</p>	<p>Grilled Lemon Pepper Fish Fillets Wild Rice Pilaf Baby Field Greens Salad Homemade Balsamic Vingrette Fresh Veggie Sticks Fresh Fruit Milk</p>	★	★	★ ★ ★ ★	★
<p><i>Wednesday</i></p>  <p>American</p>	<p>BBQ Chicken Mashed Potatoes-Gravy Multi-Grain Rolls Fresh Veggie Sticks Fresh Fruit Milk</p>	★	★	★ ★ ★	★
<p><i>Thursday</i></p>  <p>Italian</p>	<p>Spaghetti with Meat Sauce Caeser Salad Whole Wheat Crusty Italian Bread Fresh Veggie Sticks Fresh Fruit Milk</p>	★	★ ★	★ ★ ★	★
<p><i>Friday</i></p>  <p>Morocco</p>	<p>Ginger Chicken Cantonese Noodles with Vegetables Fresh Veggie Sticks Fresh Fruit Milk</p>	★	★	★ ★	★ ★