

Students that are enrolled into the meal program would be entitled to a morning and afternoon snack.

Snack Options: blueberry muffins, banana bread, and mix fruit bowls.



NAME OF STUDENT	_____
NAME OF PARENT	_____
CLASS/GRADE	_____
ALLERGIES/RESTRICTIONS	_____
PHONE/EMAIL	_____
DATE OF ORDER	_____

Monday 28 th October	Tuesday 29 th October	Wednesday 30 th October	Thursday 31 st October	Friday 1 st November
Curry Chicken & Rice	Chicken Fingers & Wedges	Mac and cheese with chicken wings	Fish fingers with roasted potatoes	Wacky Fridays
Morning Break	Morning Break	Morning Break	Morning Break	Morning Break
Fresh Fruits	Blueberry muffin	Carrot Bread	Fresh Fruits	Oatmeal Cookies
				Chicken Quesadilla & Cheese/pepperoni pizza
Break	Break	Break	Break	Break
Chocolate chip cookies	Oatmeal Cookies	Fruits	Whole Wheat Muffin	Mixed berry cake
Monday 4 th November	Tuesday 5 th November	Wednesday 6 th November	Thursday 7 th November	Friday 8 th November
Stir Fry Chicken with mashed Potato	Chicken Fingers & Wedges	Spaghetti with Meatballs	Fish fingers with roasted potatoes	Wacky Fridays
Morning Break	Morning Break	Morning Break	Morning Break	Morning Break
Fresh fruits	blueberry Muffins	Carrot Bread	Fresh Fruits	Oatmeal Cookies
				Chicken Quesadilla & Cheese/pepperoni pizza
Break	Break	Break	Break	Break
Oatmeal Cookies	Oatmeal Cookies	Fruits	Whole Wheat Muffin	Mixed berry cake
Monday 11 th November	Tuesday 12 th November	Wednesday 13 th November	Thursday 14 th November	Friday 15 th November
Curry Chicken & Rice	Chicken Fingers & Wedges	Mac and cheese with chicken wings	Fish fingers with roasted potatoes	Wacky Fridays
Morning Break	Morning Break	Morning Break	Morning Break	Morning Break
Fresh Fruits	Blueberry Muffins	Carrot Bread	Fresh Fruits	Oatmeal Cookies
				Chicken Quesadilla & Cheese/pepperoni pizza
Break	Break	Break	Break	Break
Chocolate chip Cookies	Oatmeal Cookies	Fruits	Whole Wheat Muffin	Mixed berry cake

Monday 18 th November	Tuesday 19 th November	Wednesday 20 th November	Thursday 21 st November	Friday 22 nd November
Stir Fry Chicken with mashed Potato	Chicken Fingers & Wedges	Spaghetti with Meatballs	Fish fingers with roasted potatoes	Wacky Fridays
Morning Break	Morning Break	Morning Break	Morning Break	Morning Break
Fresh Fruits	Blueberry Muffins	Carrot Bread	Fresh Fruits	Oatmeal Cookies
				Chicken Quesadilla & Cheese/pepperoni pizza
Break	Break	Break	Break	Break
Chocolate chip cookies	Oatmeal Cookies	Fruits	Whole Wheat Muffin	Mixed berry muffin
Monday 25 th November	Tuesday 26 th November	Wednesday 27 th November	Thursday 28 th November	Friday 29 th November
Curry Chicken & Rice	Chicken Fingers & Wedges	Mac and cheese with chicken wings	Fish fingers with roasted potatoes	National Day of Thanksgiving Public Holiday
Morning Break	Morning Break	Morning Break	Morning Break	
Fresh Fruits	Blueberry Muffins	Carrot Bread	Fresh Fruits	
Break	Break	Break	Break	
Chocolate chip cookies	Oatmeal Cookies	Fruits	Whole Wheat Muffin	