

June Lunch Menu

Fuel Up! with Ready Maid Meals

Entrées: \$5.75 | Sides: \$1.25-\$1.50 | Milk (dairy or soy): \$1.25*

*Chocolate dairy/soy milk served once a week for \$1.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>ENTRÉES</p> <p>Beef or vegetarian lasagna with corn</p> <p>Spinach salad with chicken or chickpea patty and an orange</p> <p>SIDES</p> <p>Corn & bean salad</p> <p>Yogurt apple cinnamon parfait</p>	<p>4</p> <p>ENTRÉES</p> <p>Sweet & sour chicken/tofu on rice and carrots</p> <p>Ham & cheese sandwich, carrots w/ranch dip and pineapple</p> <p>SIDES</p> <p>Banana loaf</p> <p>Berry fruit cup</p>	<p>5</p> <p>ENTRÉES</p> <p>Chicken or vegetable cheese tortellini with marinara sauce</p> <p>Chicken salad sandwich, cauliflower with ranch dip and apple sauce</p> <p>SIDES</p> <p>Chopped veggie salad with honey mustard dressing</p> <p>Yogurt berry parfait</p>	<p>6</p> <p>ENTRÉES</p> <p>Cheddar perogies served with green beans</p> <p>Grilled cheese sandwich with broccoli & cheese soup</p> <p>SIDES</p> <p>Yogurt berry parfait</p> <p>Rotini pasta salad</p>	<p>7</p> <p>ENTRÉES</p> <p>Meatballs with gravy and mashed potatoes and peas</p> <p>Veggie sandwich with cauliflower, ranch dip & apple sauce</p> <p>SIDES</p> <p>Pineapple slices</p> <p>Corn and bean salad</p>
<p>10</p> <p>ENTRÉES</p> <p>Beef/vegetarian chili with steamed carrots</p> <p>Tandoori chicken wrap with carrot sticks, ranch dip and honey dew melon cup</p> <p>SIDES</p> <p>Potato salad</p> <p>Yogurt apple cinnamon parfait</p>	<p>11</p> <p>ENTRÉES</p> <p>Chicken/tofu fried rice served with broccoli</p> <p>Roast beef sandwich with broccoli sticks, ranch dip and pear cup</p> <p>SIDES</p> <p>Fruit cup</p> <p>Garden salad with ranch dressing</p>	<p>12</p> <p>ENTRÉES</p> <p>Pizza noodle casserole with steamed carrots</p> <p>Beef/bean taco salad served with pineapple</p> <p>SIDES</p> <p>Chopped veggie salad with honey mustard dressing</p> <p>Yogurt berry parfait</p>	<p>13</p> <p>ENTRÉES</p> <p>Southwest corn & bean soup with a cheese scone</p> <p>BLT, cucumber sticks, ranch dip & berries</p> <p>SIDES</p> <p>Garden salad with honey mustard dressing</p> <p>Yogurt berry parfait</p>	<p>14</p> <p>ENTRÉES</p> <p>Macaroni and cheese with steamed broccoli</p> <p>Breaded chicken sandwich with carrot sticks and apple sauce</p> <p>SIDES</p> <p>Corn and bean salad</p> <p>Cookie</p>
<p>17</p> <p>ENTRÉES</p> <p>Spaghetti and meat/vegetarian sauce with steamed broccoli</p> <p>Beef taco wrap with broccoli, ranch dip and an orange</p> <p>SIDES</p> <p>Yogurt apple cinnamon parfait</p> <p>Brownie</p>	<p>18</p> <p>ENTRÉES</p> <p>BBQ chicken with vegetable rice and cauliflower</p> <p>Salsa rice wrap with cucumber sticks, ranch dip and a pear cup</p> <p>SIDES</p> <p>Rotini pasta salad</p> <p>Watermelon slices</p>	<p>19</p> <p>ENTRÉES</p> <p>Potato soup with grilled cheese sandwich</p> <p>Greek chicken or chick pea quinoa box with apple sauce</p> <p>SIDES</p> <p>Thai noodle salad</p> <p>Yogurt berry parfait</p>	<p>20</p> <p>ENTRÉES</p> <p>Roast beef with mashed potatoes and green beans</p> <p>Bean burrito wrap with a berry cup</p> <p>SIDES</p> <p>Chopped veggie salad with honey mustard dressing</p> <p>Berry cup</p>	<p>21</p> <p>ENTRÉES</p> <p>Butter chicken or tofu on basmati rice with steamed carrots</p> <p>Ham and cheese sandwich with carrot sticks, ranch dip and pineapple</p> <p>SIDES</p> <p>Corn and bean salad</p> <p>Mango slices</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>24</p> <p>ENTRÉES Minestrone soup with cheese scone Egg salad sandwich, broccoli with ranch dip and cantaloupe</p> <p>SIDES Garden salad with honey mustard dressing Yogurt berry parfait</p>	<p>25</p> <p>ENTRÉES Chicken/vegetable penne European salami sandwich served with carrots, ranch dip and peaches</p> <p>SIDES Fresh fruit cup Potato salad</p>	<p>26</p> <p>ENTRÉES Tandoori chicken or tofu on curried rice with steamed carrots Chicken and bean quinoa box with a peach cup</p> <p>SIDES Yogurt berry parfait Rotini pasta salad</p>	<p>27</p> <p>ENTRÉES Cheeseburger or veggie burger with a berry cup BBQ chicken wrap with cucumber sticks, ranch dip and an orange</p> <p>SIDES Garden salad with ranch dressing Lemon loaf</p>	<p>28</p> <p>NO SCHOOL</p>

NOTES

Participation in the program is voluntary. Those families choosing to participate will see 50 cents of the cost of each meal going to support subsidies. Students who do not have reliable access to sufficient quantities of affordable and nutritious food will be able to access confidential subsidies.

Vegetarian and gluten free options available daily. Please see ordering website for more details.



Fuel Up!
Nourishment
Program

While every effort will be made to provide allergen free meals, common food allergens are all utilized in our caterer's kitchen. Cross contamination is always a possibility. If your child has severe allergies, we recommend packing a meal. If you have any questions, please email fuelup@sd40.bc.ca for more information.