



London Bridge Menu

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cinnamon Toast Fruit Water	Fruit Muffin Fruit Water	Waffles Fruit Milk	Yoghurt Fruit Water	Raisin Toast Fruit Water
Lunch	Meat Pasta Bake Mixed Vegetables Fruit Milk	Baked Fish Grain Tossed Salad Fruit Milk	Hot Poultry with Gravy Grain Coleslaw Fruit Milk	Homemade Meat and Vegetable Pie Bread Fruit Milk	Homemade Vegetable Soup with Beans Cheese Quesadillas Fruit Milk
PM Snack	Fruit Pretzel Sticks Milk	Cheese Crackers Fruit Water	Homemade Cookies Fruit Water	Trail Mix Fruit Water	Vegetable Loaf Fruit Milk
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Bagel Fruit Water	English Muffin Fruit Water	Cereal Fruit Milk	Yoghurt with Granola and Fruit Water	Waffles Fruit Salad Water
Lunch	Baked Fish Grain Vegetable Fruit Milk	Meat or Bean Lasagna Tossed Salad Fruit Milk	Poultry on a Bun Vegetable Fruit Milk	Pancakes Sausage Vegetable Fruit Salad Milk	Homemade Poultry Noodle Soup with Vegetables Cheese Tea Biscuits Fruit Milk
PM Snack	Yoghurt Fruit Water	Homemade Loaf Fruit Milk	Fruit Pitas Water	Raw Veggies and Homemade Dip Crackers Water	Fruit Cracker Milk
WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Fruit Milk	English Muffins Fruit Water	Raisin Toast Fruit Milk	Hot or Cold Oatmeal Fruit Milk	Cinnamon Toast Fruit Milk
Lunch	Homemade Pizza Bean & Veggie Salad Fruit Milk	Homemade Vegetable Beef Stew Dinner Roll Fruit Milk	Homemade Vegetable and Bean Chili Garlic Loaf Fruit Milk	Roast Poultry Stuffing Mixed Vegetables Fruit Milk	Homemade Meat and Pasta Bake Vegetables Fruit Milk
PM Snack	Veggies Homemade Bean Dip Crackers Water	Homemade Oatmeal Cookies Fruit Milk	Cheese Ball Crackers Fruit Water	Loaf Fruit Water	Trail Mix Fruit Water
WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fruit Crackers Water	Cinnamon Toast Fruit Water	Muffin Fruit Water	Cereal Berries Milk	Bran Loaf Fruit Water
Lunch	Homemade Noodle Soup Tuna or Poultry Salad Sand- wiches Veggie Sticks Fruit Milk	Chicken Strips Grain Vegetable Fruit Milk	Spaghetti with Homemade Meat Sauce Greek Salad Fruit Milk	Homemade Meatloaf Grain Mixed Vegetables Fresh Fruit Salad Milk	Poultry and Cheese Fajitas Vegetable Brown Beans Fruit Milk
PM Snack	Yoghurt Fruit Water	Crackers Cheese Fruit Water	Homemade Granola Bars Fruit Milk	Fruit Graham Crackers Water	Fruit and Dip Crackers Milk

About the food & beverages we offer:

- Whole grains are used when possible
- Fresh fruit is served when available
- Water is available to drink at all times

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Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	English Muffins Fruit Milk	Oatmeal Fruit Water	Yoghurt with Granola Fruit Water	Muffins Fruit Water	Bagels Fruit Milk
Lunch	Grilled Cheese Homemade Vegetable Soup with Kidney Beans Fruit Milk	Cheese Ravioli with Meat Sauce Garden Salad Fruit Milk	Homemade Meat and Vegetable Shepherd's Pie Bread Fruit Milk	Vegetable Stir Fry Brown Rice & Beans Fruit Milk	Fish on a Bun Vegetables Fresh Fruit Milk
PM Snack	Trail Mix Fruit Water	Homemade Cookies Fruit Milk	Raw Veggies Toasted Tortillas Water	Fruit Crackers Milk	Cucumbers and Cream Cheese on a Cracker Water
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Raisin Bread Fruit Water	Sliced Eggs & Toast Fruit Water	Fruit Muffin Fruit Water	Cereal Fruit Milk	Yoghurt Fruit Water
Lunch	Fish Vegetable Grain Fresh Fruit Salad Milk	Homemade Pizza Bean & Veggie Salad Fruit Milk	Homemade Sloppy Joes on a Bun Vegetable Fruit Milk	Baked Pork Brown Rice Mixed Veggies Fruit Salad Milk	Vegetable Frittata or Quiche Tossed Salad Bun Fruit Milk
PM Snack	Cheese Cubes Fruit Crackers Water	Raw Veggies Crackers Milk	Veggie and Cheese Wrap Milk	Fruit Graham Crackers Milk	Trail Mix Fruit Milk
Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Bagels Fruit Milk	English Muffins with Cheese Fruit Water	Hot or Cold Cereal Fruit Milk	Muffins Fruit Water	Fruit Salad Toast Water
Lunch	Homemade Vegetable Soup Poultry or Tuna Salad Sand- wiches Fresh Fruit Milk	Homemade Beef and Bean Chili Vegetables Bread or Rice Fruit Milk	Chicken Parmesan on a Bun Vegetable Fruit Milk	Homemade Beef Pasta Bake Tossed Salad Fruit Milk	Homemade Pancakes Sausage Vegetable Fruit Milk
PM Snack	Veggie Sticks Crackers Water	Fruit Crisp Milk	Fruit Loaf Fruit Water	Fruit Graham Cracker Milk	Cheese Cubes Fruit Crackers Water
Week 8	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Toast Fruit Water	Bagels Fruit Milk	Cinnamon Toast Fruit Milk	Muffins Fruit Milk	Yoghurt and Granola Fruit Water
Lunch	Meat Tacos with Tortilla Shell Vegetable Fruit Milk	Homemade Meat Stew with Vegetables Cheese Tea Biscuit Fruit Milk	Baked Fish Grain Vegetable Fruit Milk	Spaghetti with Meat Sauce Tossed Salad Garlic Bread Fresh Fruit Salad Milk	Sweet and Sour Meatballs Grain Vegetable Fruit Milk
PM Snack	Fruit Oatmeal Cookies Milk	Cucumber Cheese Crackers Water	Homemade Fruit and Bran Loaf Water	Fruit Cheese Cubes Water	Cinnamon Crisps Fruit Water

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