

## SPRING WEEKLY MENU ROTATION

SPRING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	<p><b>AM Snack:</b> Cereal with Milk and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Homemade Mac and Cheese with Salad Veg Friendly GF/DF Option Provided</p> <p><b>PM Snack:</b> Naan Bread with Spread and Fresh Veg GF Option Provided</p>	<p><b>AM Snack:</b> Yogurt with Granola and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Turkey/Chicken Burgers on Buns, served with Dip and Mixed Vegetables Veg: Veggie Burger GF/DF Option Provided</p> <p><b>PM Snack:</b> Veggie Crisps and Fresh Veg GF Option Provided</p>	<p><b>AM Snack:</b> Overnight Oats served with Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Deconstructed Shepherd's Pie (Mashed Potatoes, Ground Turkey, Corn) Veg: Substitute Beyond Meat PM Snack: Whole Wheat Crackers served with Dip and Fresh Veg GF/DF Option Provided</p>	<p><b>AM Snack:</b> Bagels with Cream Cheese and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Diced BBQ Chicken served with Brown Rice and Vegetables Veg: BBQ Tofu PM Snack: Crackers served with Cheese Slices and Cherry Tomatoes GF/DF Option Provided</p>	<p><b>AM Snack:</b> Homemade Muffins served with Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Black Bean and Rice Burritos/Tacos served with Fresh Fruit Veg Friendly GF/DF Option Provided</p> <p><b>PM Snack:</b> Smoothie (Seasonal Fruit, Yogurt, Milk) GF/DF Option Provided</p>
	<p><b>AM Snack:</b> Naan with Spread and Fresh Fruit GF Option Provided</p> <p><b>Lunch:</b> Potato Perogies served with Mixed Veggies and Tzatziki GF/DF Option Provided Veg Friendly</p> <p><b>PM Snack:</b> Vegetable Crackers served with Hummus and Sliced Peppers GF Option: GF Crackers</p>	<p><b>AM Snack:</b> Homemade Scone with Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Turkey Tomato Pasta served with Mixed Vegetables Veg: Vegetarian Sauce GF/DF Option Provided</p> <p><b>PM Snack:</b> Bagels with Cream Cheese and Fresh Fruit GF/DF Option Provided</p>	<p><b>AM Snack:</b> Pancakes/Waffles with Spread and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Broccoli Cheddar Pasta served with Fresh Fruit Veg Friendly GF/DF Option Provided</p> <p><b>PM Snack:</b> Fresh Veggies with Dip GF/DF Option Provided</p>	<p><b>AM Snack:</b> Cereal served with Milk and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Breaded Chicken served with Pasta Salad Veg: Chickpea Nuggets GF Option Provided</p> <p><b>PM Snack:</b> Digestive/ Arrowroot Cookies served with Fresh Veg GF/DF Option Provided</p>	<p><b>AM Snack:</b> Homemade Loaf served with Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Tuna Wraps/Sandwich served with Fresh Fruit Veg: Wow Butter and Jam GF/DF Option Provided</p> <p><b>PM Snack:</b> Smoothie (Seasonal Fruit, Yogurt, Milk) GF/DF Option Provided</p>
<b>WEEK 2</b>	<p><b>AM Snack:</b> Cinnamon Raisin Bread with Margarine and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Chicken/ Tofu Stir fry served with Brown Rice and Fresh Fruit Veg Friendly GF/DF Friendly</p> <p><b>PM Snack:</b> Whole Wheat Crackers with Dip and Fresh Veg GF/DF Option Provided</p>	<p><b>AM Snack:</b> Yogurt served with Granola and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Homemade Pizzas served with Fresh Vegetables and Fresh Fruit Veg Friendly GF/DF Option Provided</p> <p><b>PM Snack:</b> Veggie Crisps served with Fresh Fruit GF Option Provided</p>	<p><b>AM Snack:</b> Pancakes with Spread and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Grilled Cheese served with Fresh Vegetables and Fresh Fruit GF/DF Option Provided Veg Friendly</p> <p><b>PM Snack:</b> Morning Rounds served with Cherry Tomatoes GF Option Provided</p>	<p><b>AM Snack:</b> Cereal served with Milk and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Scrambled Eggs/ Chicken/Turkey Sausage Rounds served with Potatoes and Mixed Vegetables Veg: Egg Substitute and Veg patty PM Snack: Crackers served with Cheese and Fresh Veg GF/DF Option Provided</p>	<p><b>AM Snack:</b> Homemade Cookies and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Blackbean Tacos/Quesadilla served with Green Salad and Fresh Fruit Veg Friendly GF/DF Option Provided</p> <p><b>PM Snack:</b> PM Snack: Smoothie (Seasonal Fruit, Yogurt, Milk) GF/DF Option Provided</p>
	<p><b>AM Snack:</b> Morning Rounds served with Fresh Fruit GF Option Provided</p> <p><b>Lunch:</b> Couscous/Quinoa with Beans and Salsa served with Salad Veg Friendly</p> <p><b>PM Snack:</b> Crackers served with Fresh Veg and Dip GF/DF Option Provided</p>	<p><b>AM Snack:</b> Homemade Muffins served with Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Baked Fish served with Brown Rice and Mixed Vegetables Veg: Chickpea Fritters</p> <p><b>PM Snack:</b> Melba Toast served with Fresh Veg and Dip GF/DF Option Provided</p>	<p><b>AM Snack:</b> Cereal served with Milk and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Wow Butter and Jam Roll-up served with Pasta Salad GF Option Provided Veg Friendly</p> <p><b>PM Snack:</b> Digestive/Arrowroot Cookies served with Fresh Veg GF Option Provided</p>	<p><b>AM Snack:</b> Creamy Quinoa Porridge/ Pancakes served with Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> White Cream Sauce Pasta served with Mixed Veggies GF/DF Option Provided Veg Friendly</p> <p><b>PM Snack:</b> Cinnamon Raisin Bread served with Margarine and Fresh Veg GF/DF Option Provided</p>	<p><b>AM Snack:</b> Energy Balls served with Fresh Fruit</p> <p><b>Lunch:</b> Turkey and Cream Cheese Sandwiches served with Fresh Veg and Fresh Fruit Veg: Hummus and Cucumber GF/DF Option Provided</p> <p><b>PM Snack:</b> Smoothie (Seasonal Fruit, Yogurt, Milk) GF/DF Option Provided</p>
<b>WEEK 3</b>	<p><b>AM Snack:</b> Cinnamon Raisin Bread with Margarine and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Chicken/ Tofu Stir fry served with Brown Rice and Fresh Fruit Veg Friendly GF/DF Friendly</p> <p><b>PM Snack:</b> Whole Wheat Crackers with Dip and Fresh Veg GF/DF Option Provided</p>	<p><b>AM Snack:</b> Yogurt served with Granola and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Homemade Pizzas served with Fresh Vegetables and Fresh Fruit Veg Friendly GF/DF Option Provided</p> <p><b>PM Snack:</b> Veggie Crisps served with Fresh Fruit GF Option Provided</p>	<p><b>AM Snack:</b> Pancakes with Spread and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Grilled Cheese served with Fresh Vegetables and Fresh Fruit GF/DF Option Provided Veg Friendly</p> <p><b>PM Snack:</b> Morning Rounds served with Cherry Tomatoes GF Option Provided</p>	<p><b>AM Snack:</b> Cereal served with Milk and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Scrambled Eggs/ Chicken/Turkey Sausage Rounds served with Potatoes and Mixed Vegetables Veg: Egg Substitute and Veg patty PM Snack: Crackers served with Cheese and Fresh Veg GF/DF Option Provided</p>	<p><b>AM Snack:</b> Homemade Cookies and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Blackbean Tacos/Quesadilla served with Green Salad and Fresh Fruit Veg Friendly GF/DF Option Provided</p> <p><b>PM Snack:</b> PM Snack: Smoothie (Seasonal Fruit, Yogurt, Milk) GF/DF Option Provided</p>
<b>WEEK 4</b>	<p><b>AM Snack:</b> Morning Rounds served with Fresh Fruit GF Option Provided</p> <p><b>Lunch:</b> Couscous/Quinoa with Beans and Salsa served with Salad Veg Friendly</p> <p><b>PM Snack:</b> Crackers served with Fresh Veg and Dip GF/DF Option Provided</p>	<p><b>AM Snack:</b> Homemade Muffins served with Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Baked Fish served with Brown Rice and Mixed Vegetables Veg: Chickpea Fritters</p> <p><b>PM Snack:</b> Melba Toast served with Fresh Veg and Dip GF/DF Option Provided</p>	<p><b>AM Snack:</b> Cereal served with Milk and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Wow Butter and Jam Roll-up served with Pasta Salad GF Option Provided Veg Friendly</p> <p><b>PM Snack:</b> Digestive/Arrowroot Cookies served with Fresh Veg GF Option Provided</p>	<p><b>AM Snack:</b> Creamy Quinoa Porridge/ Pancakes served with Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> White Cream Sauce Pasta served with Mixed Veggies GF/DF Option Provided Veg Friendly</p> <p><b>PM Snack:</b> Cinnamon Raisin Bread served with Margarine and Fresh Veg GF/DF Option Provided</p>	<p><b>AM Snack:</b> Energy Balls served with Fresh Fruit</p> <p><b>Lunch:</b> Turkey and Cream Cheese Sandwiches served with Fresh Veg and Fresh Fruit Veg: Hummus and Cucumber GF/DF Option Provided</p> <p><b>PM Snack:</b> Smoothie (Seasonal Fruit, Yogurt, Milk) GF/DF Option Provided</p>

WEEK 1: \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack:</b> Cereal with Milk and Fresh Fruit <b>GF/DF Option Provided</b>	<b>AM Snack:</b> Yogurt with Granola and Fresh Fruit <b>GF/DF Option Provided</b>	<b>AM Snack:</b> Overnight Oats served with Fresh Fruit <b>GF/DF Option Provided</b>	<b>AM Snack:</b> Bagels with Cream Cheese and Fresh Fruit <b>GF/DF Option Provided</b>	<b>AM Snack:</b> Homemade Muffins served with Fresh Fruit <b>GF/DF Option Provided</b>
<b>Lunch:</b> Homemade Mac and Cheese with Salad <b>Veg Friendly</b> <b>GF/DF Option Provided</b>	<b>Lunch:</b> Turkey/Chicken Burgers on Buns, served with Dip and Mixed Vegetables <b>Veg: Veggie Burger</b> <b>GF/DF Option Provided</b>	<b>Lunch:</b> Deconstructed Shepherd's Pie (Mashed Potatoes, Ground Turkey, Corn) <b>Veg: Beyond Meat</b>	<b>Lunch:</b> Diced BBQ Chicken served with Brown Rice and Vegetables <b>Veg: BBQ Tofu</b>	<b>Lunch:</b> Black Bean and Rice Burritos/Tacos served with Fresh Fruit <b>Veg Friendly</b> <b>GF/DF Option Provided</b>
<b>PM Snack:</b> Naan Bread with Spread and Fresh Veg <b>GF Option Provided</b>	<b>PM Snack:</b> Veggie Crisps and Fresh Veg <b>GF Option Provided</b>	<b>P</b> <b>M Snack:</b> Whole Wheat Crackers served with Dip and Fresh Veg <b>GF/DF Option Provided</b>	<b>PM Snack:</b> Crackers served with Cheese Slices and Cherry Tomatoes <b>GF/DF Option Provided</b>	<b>PM Snack:</b> Smoothie (Seasonal Fruit, Yogurt, Milk) <b>GF/DF Option Provided</b>

\*Please note there are no beef or pork products served at Brason Academy.\*

Seasonal Fruit and Various Vegetables will be provided weekly.

Any changes to the menu will be reflected on this document for the week.

Aftercare Snack is provided at 4:30 PM, consisting of different fruits/vegetables, and extra snacks. These details are documented in the kitchen.



WEEK 2: \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>AM Snack:</b> Naan with Spread and Fresh Fruit GF Option Provided</p> <p><b>Lunch:</b> Potato Perogies served with Mixed Veggies and Tzatziki Veg Friendly GF/DF Option Provided</p> <p><b>PM Snack:</b> Vegetable Crackers served with Hummus and Sliced Peppers GF Option: GF Crackers</p>	<p><b>AM Snack:</b> Homemade Scone with Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Turkey Tomato Pasta served with Mixed Vegetables Veg: Vegetarian Sauce GF/DF Option Provided</p> <p><b>PM Snack:</b> Bagels with Cream Cheese and Fresh Fruit GF/DF Option Provided</p>	<p><b>AM Snack:</b> Pancakes/Waffles with Spread and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Broccoli Cheddar Pasta served with Fresh Fruit Veg Friendly GF/DF Option Provided</p> <p><b>PM Snack:</b> Fresh Veggies with Dip GF/DF Option Provided</p>	<p><b>AM Snack:</b> Cereal served with Milk and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Breaded Chicken served with Pasta Salad Veg: Chickpea Nuggets GF Option Provided</p> <p><b>PM Snack:</b> Digestive/ Arrowroot Cookies served with Fresh Veg GF/DF Option Provided</p>	<p><b>AM Snack:</b> Homemade Loaf served with Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Tuna Wraps/Sandwich served with Fresh Fruit Veg: Wow Butter and Jam GF/DF Option Provided</p> <p><b>PM Snack:</b> Smoothie (Seasonal Fruit, Yogurt, Milk) GF/DF Option Provided</p>

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WEEK 3: \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>AM Snack:</b> Cinnamon Raisin Bread with Margarine and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Chicken/ Tofu Stir fry served with Brown Rice and Fresh Fruit Veg Friendly GF/DF Friendly</p> <p><b>PM Snack:</b> Whole Wheat Crackers with Dip and Fresh Veg GF/DF Option Provided</p>	<p><b>AM Snack:</b> Yogurt served with Granola and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Homemade Pizzas served with Fresh Vegetables and Fresh Fruit Veg Friendly GF/DF Option Provided</p> <p><b>PM Snack:</b> Veggie Crisps served with Fresh Fruit GF Option Provided</p>	<p><b>AM Snack:</b> Pancakes with Spread and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Grilled Cheese served with Fresh Vegetables and Fresh Fruit Veg Friendly GF/DF Option Provided</p> <p><b>PM Snack:</b> Morning Rounds served with Cherry Tomatoes GF Option Provided</p>	<p><b>AM Snack:</b> Cereal served with Milk and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Scrambled Eggs/ Chicken/Turkey Sausage Rounds served with Potatoes and Mixed Vegetables Veg: Egg Substitute and Veggie Patty</p> <p><b>PM Snack:</b> Crackers served with Cheese and Fresh Veg GF/DF Option Provided</p>	<p><b>AM Snack:</b> Homemade Cookies and Fresh Fruit GF/DF Option Provided</p> <p><b>Lunch:</b> Blackbean Tacos/Quesadilla served with Green Salad and Fresh Fruit Veg Friendly GF/DF Option Provided</p> <p><b>PM Snack:</b> PM Snack: Smoothie (Seasonal Fruit, Yogurt, Milk) GF/DF Option Provided</p>

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WEEK 4: \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>AM Snack:</b> Morning Rounds served with Fresh Fruit <b>GF Option Provided</b></p> <p><b>Lunch:</b> Couscous/Quinoa with Beans and Salsa served with Salad <b>Veg Friendly</b></p> <p><b>PM Snack:</b> Crackers served with Fresh Veg and Dip <b>GF/DF Option Provided</b></p>	<p><b>AM Snack:</b> Homemade Muffins served with Fresh Fruit <b>GF/DF Option Provided</b></p> <p><b>Lunch:</b> Baked Fish served with Brown Rice and Mixed Vegetables <b>Veg: Chickpea Fritters</b></p> <p><b>PM Snack:</b> Melba Toast served with Fresh Veg and Dip <b>GF/DF Option Provided</b></p>	<p><b>AM Snack:</b> Cereal served with Milk and Fresh Fruit <b>GF/DF Option Provided</b></p> <p><b>Lunch:</b> Wow Butter and Jam Roll-up served with Pasta Salad <b>Veg Friendly</b> <b>GF Option Provided</b></p> <p><b>PM Snack:</b> Digestive/Arrowroot Cookies served with Fresh Veg <b>GF Option Provided</b></p>	<p><b>AM Snack:</b> Creamy Quinoa Porridge/ Pancakes served with Fresh Fruit <b>GF/DF Option Provided</b></p> <p><b>Lunch:</b> White Cream Sauce Pasta served with Mixed Veggies <b>Veg Friendly</b> <b>GF/DF Option Provided</b></p> <p><b>PM Snack:</b> Cinnamon Raisin Bread served with Margarine and Fresh Veg <b>GF/DF Option Provided</b></p>	<p><b>AM Snack:</b> Energy Balls served with Fresh Fruit</p> <p><b>Lunch:</b> Turkey and Cream Cheese Sandwiches served with Fresh Veg and Fruit <b>Veg: Hummus and Cucumber</b> <b>GF/DF Option Provided</b></p> <p><b>PM Snack:</b> Smoothie (Seasonal Fruit, Yogurt, Milk) <b>GF/DF Option Provided</b></p>

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