

Elsipogtog First Nation School 4 week cycle menu: FALL 2018

	Week 1	Week 2	Week 3	Week 4
Monday	veggie burger cucumber slices peaches white milk	fish burger raw broccoli mandarins white milk	chicken burger cucumber slices peaches white milk	fish burger raw broccoli mandarins white milk
Tuesday	ham & cheese sandwich carrot sticks orange wedges white milk	grilled cheese tomato soup cucumber slices pineapple white milk	tuna melt carrot sticks orange wedges white milk	egg salad cucumber slices pineapple white milk
Wednesday	chicken noodle soup crackers mandarins chocolate milk	chicken ceasar salad whole wheat roll pears chocolate milk	chicken noodle soup crackers mandarins chocolate milk	chicken taco salad whole wheat roll pears chocolate milk
Thursday	fish fillet cooked broccoli rice pineapple white milk	chicken and rice corn applesauce chocolate milk	macaroni hamburger garden salad pineapple chocolate milk	shake and bake chicken mashed potato corn applesauce chocolate milk
Friday	sloppy joe raw broccoli strawberries white milk	pizza sub carrot sticks grapes white milk	baked beans coleslaw whole wheat roll applesauce white milk	Indian taco raw broccoli grapes white milk

** Moose meat is used for all meat recipes when available.

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	Week 1	Week 2	Week 3	
Monday	cereal (whole grain, low in sugar) with strawberries 100% juice white milk	cereal (whole grain, low in sugar) with banana 100% juice white milk	cereal (whole grain, low in sugar) with blueberries 100% juice white milk	cereal (whole grain, low in sugar) with banana 100% juice white milk
Tuesday	Smoothie whole wheat toast white milk	Smoothie whole wheat toast white milk	Smoothie whole wheat toast white milk	Smoothie whole wheat toast white milk
Wednesday	Blueberry bran muffin yogurt apple slices white milk	Banana muffin yogurt orange wedges white milk	Blueberry bran muffin yogurt apple slices white milk	Banana muffin yogurt orange wedges white milk
Thursday	cereal (whole grain, low in sugar) with banana white milk	cereal (whole grain, low in sugar) with berries white milk	cereal (whole grain, low in sugar) with banana white milk	cereal (whole grain, low in sugar) with berries white milk
Friday	bagel scrambled eggs pears white milk	French toast peaches white milk	bagel scrambled eggs pears white milk	English muffin scrambled egg and cheese peaches white milk