

**Elsipogtog First Nation School - 4 week cycle lunch menu
Winter 2018**

	Week 1	Week 2	Week 3	Week 4
Monday	multigrain haddock filets rice coleslaw fruit cocktail white milk	multigrain haddock filets rice corn fruit cocktail white milk	multigrain haddock filets rice coleslaw fruit cocktail white milk	multigrain haddock filets rice corn fruit cocktail white milk
Tuesday	macaroni, tomato & hamburg casserole spinach mandarin salad apple slices chocolate milk	spaghetti Cesar Salad orange wedges chocolate milk	macaroni, tomato & hamburg casserole garden salad apple slices chocolate milk	spaghetti Cesar salad orange wedges chocolate milk
Wednesday	bbq chicken rice & mixed vegetables diced peaches white milk	chicken salad wraps raw broccoli pear halves white milk	chicken & rice broccoli & cauliflower diced peaches white milk	mini meatloaf mashed potatoes & carrots pear halves white milk
Thursday	chili whole grain bun raw broccoli apple sauce chocolate milk	chicken, vegetable noodle soup crackers apple sauce chocolate milk	beef and vegetable stew crackers apple sauce chocolate milk	chicken frico crackers apple sauce chocolate milk
Friday	chicken burger baby carrots banana white milk	veggie burgers baby carrots pineapple white milk	sloppy joe baby carrots banana white milk	chicken cheese melts baby carrots pineapple white milk

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

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4 week cycle breakfast menu
Winter 2018

	Week 1	Week 2	Week 3	Week 4
Monday	cereal (whole grain, low in sugar) with blueberries 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	yogourt, berry & granola parfait white milk	french toast yogourt mandarin oranges white milk	whole wheat toast fruit smoothie (made with milk, yogurt & berries) white milk	waffles mandarin oranges white milk
Wednesday	oatmeal with strawberries orange wedges white milk	oatmeal with blueberries apple slices white milk	oatmeal with strawberries orange wedges white milk	oatmeal with blueberries apple slices white milk
Thursday	cereal (whole grain, low in sugar) with banana white milk	cereal (whole grain, low in sugar) with strawberries white milk	cereal (whole grain, low in sugar), with banana white milk	cereal (whole grain, low in sugar) & with strawberries white milk
Friday	whole wheat toast scrambled eggs apple slices white milk	whole wheat English muffin with egg & cheese orange wedges white milk	whole wheat bagel boiled egg apple slices white milk	whole wheat English muffin with egg & cheese orange wedges white milk