



Vincent Massey School Nutrition Program Meal Plan



Nutritious options will always be available Monday-Friday

Options vary throughout the week:

Mini Cucumber, Grape Tomatoes, Carrots, Celery, Banana, Apple, Oranges, Grapes

April 3-7

Monday	Tuesday	Wednesday	Thursday	Friday
Nutritious Option	Nutritious Option	Nutritious Option	Nutritious Option	Nutritious Option
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cold Cereal or Toast or Oatmeal Applesauce	Cold Cereal or Toast or Oatmeal Applesauce	Cold Cereal or Toast or Oatmeal Applesauce	Cold Cereal or Toast or Oatmeal Applesauce	Cold Cereal or Toast or Oatmeal Applesauce
Lunch	Lunch	Lunch	Lunch	Lunch
Tomato Ravioli Soup 8oz Cup	Chili Baked Potato Banana Juice Box	Chicken Shepherd's Pie Yogurt Water	Taco Wraps	Beef Noodle Soup 8oz Cup

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April 10-12

Monday	Tuesday	Wednesday	Thursday	Friday
Nutritious Option	Nutritious Option	Nutritious Option	No School	No School
Breakfast	Breakfast	Breakfast		
Cold Cereal or Toast or Oatmeal Applesauce	Cold Cereal or Toast or Oatmeal Applesauce	Cold Cereal or Toast or Oatmeal Applesauce		
Lunch	Lunch	Lunch		
Chickpea & Lentil Soup 8oz cup	Beef Stir-Fry Brown Rice Yogurt Cup Water	Chicken Quesadilla Seasonal Fresh Fruit Juice Box		

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April 24-28

Monday	Tuesday	Wednesday	Thursday	Friday
Nutritious Option	Nutritious Option	Nutritious Option	Nutritious Option	Nutritious Option
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cold Cereal or Toast or Oatmeal Applesauce	Cold Cereal or Toast or Oatmeal Applesauce	Cold Cereal or Toast or Oatmeal Applesauce	Cold Cereal or Toast or Oatmeal Applesauce	Cold Cereal or Toast or Oatmeal Applesauce
Lunch	Lunch	Lunch	Lunch	Lunch
Minestrone Soup 8oz cup	Penne & Meatballs Corn & Beans Sliced Melon 2% Milk	BBQ Pork Loin Mashed Potatoes Green Beans Yogurt Water	Taco Wraps	Hearty Bean with Smoked Pork Soup 8oz Cup

Each month there will be a list of ingredients for parents can look over what is being provided. Please note that the vendor provided meals will only be nut free. There will be some options for children with other dietary restrictions; however we cannot guarantee anything but a nut free environment. If you have any questions or concerns about any meal provided, please contact the Nutrition Coordinator- Ammy Blenner-Hassett at the school or ammy.blennerhassett@sd76.ab.ca.

Breakfast Ingredients:

- Coop Gold Quick Oats
- Brown Sugar
- Multi-Grain Cheerio's
- Raisin Bran
- Co-op Marketplace 100% Whole Wheat Bread
- Raspberry Jam
- No Nut Pea Butter
- Motts Unsweetened Apple Sauce
 - Apple, Blueberry Delight, Strawberry Kiwi, Peach Medley
- 2% Milk



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School Provided Lunch Ingredients:

Subway style- create your own Wrap

Dempsters 100% Whole Wheat Tortilla
Co-op Market Place 100% Whole Wheat Tortilla
Grimm's GF Brown Rice Tortilla
Co-op In-store Roasted Roast Beef
Co-op In-store Roasted Turkey Breast
Lean Ground Beef
Boiled Eggs
Lettuce
Tomatoes
Cucumbers
Carrots
Dill Pickles
Co-op Gold Cheddar Cheese
Miracle Whip
Kraft Ranch Dressing
Kraft Italian Dressing
Kraft Thousand Island Dressing
Sour Cream
Co-op Yellow Mustard

Vendor Provided Lunch:

April 2

Chili

- Shredded Beef
- Corn
- Black Beans
- Kidney Beans
- Grated Cheddar Cheese (available on the side)

April 3

Chicken Shepherd's Pie

- Diced Chicken
- Steamed Peas and Carrots
- Mashed Potatoes
- Gluten Free Poultry Gravy



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April 11

Beef Stir-fry

- Sliced Roast Beef
- Asian Frozen Vegetables
- Gluten Free Teriyaki Sauce

Brown Rice

- Shredded Carrots
- Herbs

April 12

Quesadilla

- Whole Wheat Tortilla
- Diced Chicken
- Bell Peppers
- Mixed Grated Cheese
- Mild Salsa

April 25

Penne & Meatball Sauce

- Whole Wheat Penne
- Schneider's Meatballs
- Crushed Tomatoes
- Primo Tomato Sauce
- Parmesan Cheese

Steamed Corn & Beans

- Corn
- Black Beans
- Edamames Beans

April 26

BBQ Pork Loin Chop

- Kraft BBQ Sauce

Mashed Potatoes

- Milk
- Margarine
- Salt/Pepper

Green Beans

- Olive Oil
- Basil, Garlic, Salt & Pepper
- Oregano
- Garlic
- Salt & Pepper