



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

May 1-5

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
Chicken Noodle Soup 8oz cup Whole Wheat Bread	Beef Stew Fresh Whole Fruit 2% Milk	Baked Chicken & Vegetable Casserole Yogurt Water	Wraps	Broccoli Cheddar Soup 8oz cup Whole Wheat Bread

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May 8-11

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
Beef Noodle 8oz cup Whole Wheat Bread	Grilled Ham & Cheese Tomato Vegetable Soup Fresh Whole Fruit 2% Milk	Burrito Fresh Fruit Water	Taco Wraps	Turkey Vegetable with Pasta Soup 8oz Cup Whole Wheat Bread



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May15-18

Monday	Tuesday	Wednesday	Thursday	Friday
Nutritious Option	Nutritious Option	Nutritious Option	Nutritious Option	No School
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	
Lunch	Lunch	Lunch	Lunch	
Cream of Tomato Soup 8oz Cup Whole Wheat Bread	Chicken Stir Fry Fresh Fruit 2% Milk	Beef on Bun Garden Salad Fresh Fruit 2% Milk	Wraps	

Nutritious options will always be available Monday-Friday

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May 23-26

Monday	Tuesday	Wednesday	Thursday	Friday
No School	Nutritious Option	Nutritious Option	Nutritious Option	Nutritious Option
	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
	Lunch	Lunch	Lunch	Lunch
	Mac & Cheese Fresh Fruit Salad Water	Lean Beef Burger Potato Wedges Garden Salad Yogurt Cup Juice Box	Taco Wraps	Vegetable Soup 8oz Cup Whole Wheat Bread



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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

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 Market Place 100% Whole Wheat Bread
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
Light Miracle Whip
Light Kraft Ranch Dressing
Light Kraft Italian Dressing
Light Kraft Thousand Island Dressing
Sour Cream
Co-op Yellow Mustard



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Vendor Provided Lunch:

May 2

Beef Stew

- Beef
- Celery
- Onion
- Carrot
- Potato
- Gluten Free Gravy

May 3

Chicken and Vegetable Casserole

- Diced Chicken
- Zucchini
- Bell Peppers
- Tomato Sauce
- Cheddar Cheese

May 9

Grilled Ham/Cheese Sandwich

- Whole Wheat Bread
- Cheddar Cheese
- Toupe Ham

Tomato Vegetable Soup

- Peas
- Carrots
- Celery
- Onion
- Canned Tomatoes

Fresh Fruit Salad

- Pineapple
- Cantaloupe
- Grape
- Honeydew

May 10

Burrito

- Diced Chicken
- Smashed Black Beans
- Tomato Sauce
- Shredded Cabbage
- Whole Wheat Tortilla
- Cheddar Cheese



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May 16

Chicken Stir-fry

- Sliced Chicken Breast
- Asian Frozen Vegetables
- Teriyaki Sauce
- Chicken Soup Base
- Peas
- Carrots

May 17

Beef on Bun

- Whole Wheat Bun
- Sliced Roast Beef
- Ultimate BBQ Sauce

Tossed Salad with Romaine Iceberg Lettuce, Tomatoes, Cucumbers, Carrots and ranch dressing

May 23

Mac & Cheese

- Whole Wheat Pasta
- Cheddar Cheese
- Milk
- Flour
- Canola Oil
- Cauliflower

Fresh Fruit Salad

- Honey Dew
- Pineapple
- Cantaloupe
- Grapes

May 24

Lean Beef Burger

- Lean Ground Beef Burger
- Whole Wheat Bun
- Lettuce
- Tomatoes
- Sliced Pickles

Potato Wedges

- Potato Sliced
- Olive Oil
- Oregano
- Garlic
- Salt & Pepper



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