

SCHOOL MEAL PROGRAM

Hot Lunch Menu Date: Oct.5th – Oct.30th 2026

Thank you for supporting the School Meal Program

Monday	Tuesday	Wednesday	Thursday	Friday
05 Pizza Plank	06 Beef Goulash /Macaroni Tomato sauce <i>Veggie Ground Goulash</i>	07 Honey Garlic Chicken with Rice <i>Honey Garlic Tofu with Rice</i>	08 Cheeseburger <i>Veggie Cheeseburger</i>	09 French Toast Yogurt Syrup
12 Thanksgiving No School	13 Spaghetti and Meat Sauce <i>Spaghetti and Tomato Sauce</i>	14 Beef Meatball Tator Tot Poutine <i>Veggie Meatball Tator Tot Poutine</i>	15 Butter Chicken with Rice <i>Butter Chickpeas with Rice</i>	16 SUBWAY
19 BBQ Chicken Thigh with Rice <i>BBQ Veggie Chick'n with rice</i>	20 Beef Meatball Sub with Mozzarella Cheese <i>Veggie Meatball Sub</i>	21 Chicken Burger <i>Veggie Burger</i>	22 Macaroni and Cheese	23 PRO-D
26 Fish & Chips/ Potato Wedges <i>Veggie Chick'n and Chips</i>	27 Pancakes Yogurt Syrup	28 Chicken Finger Wrap <i>Veggie Chick'n Wrap</i>	29 Teriyaki Chicken Chow Mein <i>Teriyaki Tofu Chow Mein</i>	30 PIZZA

All Meals include Fruit or Veggie and a small milk