

SUMMER MENU

Week 1

DAYS	Snack	Lunch	Snack
Monday	Fruits, and crackers	Chicken Hot Dogs, cheese, cucumbers and milk	Jello
Tuesday	Fruits, and crackers	Macaroni and cheese with broccoli	Ice cream / popsicles + granola bar
Wednesday	Fruits, and crackers	Cheese pizza, salad and milk	Fruit Smoothie
Thursday	Fruits, and crackers	Chicken lemon rice soup and milk and cookie	Zucchini cake
Friday	Fruits, and crackers	Chicken nuggets, rice, vegetables, cookies and milk	Yogurt and fruit

Week 2

DAYS	Snack	Lunch	Snack
Monday	Fruits, and crackers	Spinach rice, bread, fruit and milk	Fruit Smoothie
Tuesday	Fruits, and crackers	Chicken orzo, bread, milk and cookie	Cheese and crackers
Wednesday	Fruits, and crackers	Cheese pizza, salad and milk	Yogurt and granola
Thursday	Fruits, and crackers	Chicken macaroni with corn, cookies and milk	Banana Bread
Friday	Fruits, and crackers	Grilled cheese, tomatoe soup, milk and fruit	Fruit bars

SUMMER MENU

Week 3

DAYS	Snack	Lunch	Snack
Monday	Fruits, and crackers	Macaroni and Cheese with broccoli	Smoothies
Tuesday	Fruits, and crackers	Veggie lasagna, fruit and milk	Veggies and Dip
Wednesday	Fruits, and crackers	Cheese pizza, salad, milk and fruit	Banana Bread
Thursday	Fruits, and crackers	Chicken lemon rice soup and milk and cookie	Jello
Friday	Fruits, and crackers	Chicken nuggets, rice, vegetables, fruit and milk	Yogourt and fruit

Week 4

DAYS	Snack	Lunch	Snack
Monday	Fruits, and crackers	Spinach rice, bread, fruit and milk	Ice cream / popsicles + granola bar
Tuesday	Fruits, and crackers	Chicken orzo, bread, milk and cookie	Cheese and crackers
Wednesday	Fruits, and crackers	Cheese pizza, salad, cookies and milk	Yogurt and granola
Thursday	Fruits, and crackers	Chicken macaroni with corn, cookies and milk	Zucchini Muffin
Friday	Fruits, and crackers	Grilled cheese, tomatoe soup, milk and fruit	Fruit bars

MENU D'ETE

Semaine 1

JOUR	Collation	Diner	Collation
<i>Lundi</i>	Fruits et craquelins	Hot Dog de poulet, fromage, cocombres et lait	Jello
<i>Mardi</i>	Fruits et craquelins	Macaronis au fromage avec du brocoli	Crème glacée / popsicle + barre granola
<i>Mercredi</i>	Fruits et craquelins	Pizza au fromage, salade fruit et lait, fruit	Smoothie aux fruits
<i>Jeudi</i>	Fruits et craquelins	Soupe aux citron, carotte et poulet, pain, biscuit et lait	Gateau au zucchini
<i>Vendredi</i>	Fruits et craquelins	Nuggets au poulet riz, légumes, fruit et lait	Yogourt et fruit

Semaine 2

JOUR	Collation	Diner	Collation
<i>Lundi</i>	Fruits et craquelins	Rriz aux épinards, pain, fruit et lait	Smoothie aux fruits
<i>Mardi</i>	Fruits et craquelins	Orzo et poulet, pain, biscuit et lait	Fromage et craquelins
<i>Mercredi</i>	Fruits et craquelins	Pizza aux fromage, salade et fruit et lait	Yogourt et granola
<i>Jeudi</i>	Fruits et craquelins	macaroni au poulet avec du maïs	Pain a la banane
<i>Vendredi</i>	Fruits et craquelins	Sandwich au fromage grillé, la soupe aux tomates, lait, fruit	Barres tendres de fruit

MENU D'ETE

Semaine 3

JOUR	Collation	Diner	Collation
Lundi	Fruits et craquelins	Macaronis au fromage avec du brocoli	Smoothie aux fruits
Mardi	Fruits et craquelins	Lasagne aux légumes, fruit et lait	Légumes et trempette
Mercredi	Fruits et craquelins	Pizza au fromage, salade et lait	Pain a la banane
Jeudi	Fruits et craquelins	Soupe aux citron, carotte et poulet, pain, biscuit et lait	Jello
Vendredi	Fruits et craquelins	Nuggets au poulet riz, légumes, fruit et lait	Yogourt et fruit

Semaine 4

JOUR	Collation	Diner	Collation
Lundi	Fruits et craquelins	Rriz aux épinards, pain, fruit et lait	Crème glacée / popsicle + barre granola
Mardi	Fruits et craquelins	Orzo et poulet, pain, biscuit et lait	Fromage et craquelins
Mercredi	Fruits et craquelins	Pizza au fromage, salade, biscuit et lait	Yogourt et granola
Jeudi	Fruits et craquelins	Macaroni au poulet avec du maïs	Muffin de zucchini
Vendredi	Fruits et craquelins	Sandwich au fromage grillé, la soupe aux tomates, lait, fruit	Barres tendres de fruit