







Food Station	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pick 3 for \$5: Includes sandwich, potato and 300 ml juice or 250 ml milk 	Mediterranean Burrito Sautéed Potatoes Assorted Sunrise Sandwiches Assorted Cereals	BLT Wrap Sautéed Potatoes Assorted Sunrise Sandwiches Assorted Cereals	Western Omelette Wrap Sautéed Potatoes Assorted Sunrise Sandwiches Assorted Cereals	Tex-Mex Breakfast Burrito Sautéed Potatoes Assorted Sunrise Sandwiches Assorted Cereals	Veggie & Cheese Wrap Sautéed Potatoes Assorted Sunrise Sandwiches Assorted Cereals	BLT Wrap Sautéed Potatoes Assorted Sunrise Sandwiches Assorted Cereals	Tex-Mex Breakfast Burrito Sautéed Potatoes Assorted Sunrise Sandwiches Assorted Cereals
Morning TOONIE Specials Savour & Save	Chicken Snacker	Pizza Slice	Garlic One Bun	Perogies	Small Cheeseburger	Chicken Snacker	Garlic One Bun
	Chicken Noodle And/or School Favourite	Chicken Noodle And/or School Favourite	Chicken Noodle And/or School Favourite	Chicken Noodle And/or School Favourite	Chicken Noodle And/or School Favourite	Chicken Noodle And/or School Favourite	Chicken Noodle And/or School Favourite
	Wrap n Roll Customized WW or white pita or tortilla: <input type="checkbox"/> Caesar <input type="checkbox"/> Jerk or BBQ <input type="checkbox"/> Greek <input type="checkbox"/> Vegetarian	Grilled Sandwiches Customized with a choice of: <input type="checkbox"/> Assorted breads (WW or white) <input type="checkbox"/> Sliced ham, turkey, beef <input type="checkbox"/> 2 grilled seasonal vegetables <input type="checkbox"/> 2 cheeses <input type="checkbox"/> Assorted condiments	Deli 2 Go Customized with a choice of: <input type="checkbox"/> WW or White Flatbread <input type="checkbox"/> Sliced ham, turkey, beef <input type="checkbox"/> 4 vegetables <input type="checkbox"/> 2 cheeses <input type="checkbox"/> Assorted condiments	Big Pita Customized WW or white pita or tortilla: <input type="checkbox"/> Caesar <input type="checkbox"/> Jerk or BBQ <input type="checkbox"/> Greek <input type="checkbox"/> Vegetarian	Hot Flatbreads Stuffed Flatbread Rolls: <input type="checkbox"/> Nacho <input type="checkbox"/> BBQ Chicken <input type="checkbox"/> Crispy Chicken Caesar <input type="checkbox"/> Bacon (Peameal)	Wild Greens Customized salads with chicken, beef, egg, or cheese and a variety of salad dressings	Deli 2 Go Customized with a choice of: <input type="checkbox"/> WW or White Flatbread <input type="checkbox"/> Sliced ham, turkey, beef <input type="checkbox"/> 4 vegetables <input type="checkbox"/> 2 cheeses Assorted condiments

Green highlighted items meet the “sell most” nutrition standards and **yellow** highlighted items meet the “sell less” nutrition standards

Food Station	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Mexican Lime Fajita: Tortilla stuffed with chicken or beef, sautéed vegetables served with choice of sauce	Trattoria Bowl: Pasta served with 2-3 choices of sauce:	Chicken Bowl: Crispy or baked chicken drumstick, rice and veggies with choice of 3 dipping sauces	Tex Mex Bowl: Tex mex rice pilaf, lettuce or potatoes topped with a variety of toppings	Asian Noodle Bowl: Steamed vegetables, noodles served with choice of 3 sauces	Perogie Bowl: Perogies topped with a choice of grilled vegetables and choice of 2 sauces	Meatball/Turkey Bowl: Served over egg noodles or rice and choice of 2 sauces
	<input type="checkbox"/> WW Pepperoni and WW Vegetarian <input type="checkbox"/> WW or White Hawaiian <input type="checkbox"/> Garlic Fingers	<input type="checkbox"/> WW Pepperoni and WW Vegetarian <input type="checkbox"/> WW or White Tex Mex <input type="checkbox"/> A La Greco Pizzan	<input type="checkbox"/> WW Pepperoni and WW Vegetarian <input type="checkbox"/> WW or White Ratatouille <input type="checkbox"/> Deluxe Panzarotti	<input type="checkbox"/> WW Pepperoni and WW Vegetarian <input type="checkbox"/> WW/ White BBQ Chicken <input type="checkbox"/> Garlic Fingers	<input type="checkbox"/> WW Pepperoni and WW Vegetarian <input type="checkbox"/> WW/ White 3 Cheese Pepperoni Pizzan	<input type="checkbox"/> WW Pepperoni and WW Vegetarian <input type="checkbox"/> WW or White Ratatouille <input type="checkbox"/> Tex Mex Panzarotti	<input type="checkbox"/> WW Pepperoni and WW Vegetarian <input type="checkbox"/> WW or White BBQ Chicken <input type="checkbox"/> School Favourite
	Hamburger & Cheeseburger Chicken Burger Grain Burger Chicken Fingers Chicken Snack Wrap Jamaican Meat Patty Turkey Sausage	Hamburger & Cheeseburger Chicken Burger Grain Burger Chicken Fingers Chicken Snack Wrap Jamaican Meat Patty Italian Pizza Wrap	Hamburger & Cheeseburger Chicken Burger Grain Burger Chicken Fingers Chicken Snack Wrap Jamaican Meat Patty Chicken Parmesan Burger	Hamburger & Cheeseburger Chicken Burger Grain Burger Chicken Fingers Chicken Snack Wrap Jamaican Meat Patty Turkey Tacos	Hamburger & Cheeseburger Chicken Burger Grain Burger Chicken Fingers Chicken Snack Wrap Jamaican Meat Patty Meatball Wrap	Hamburger & Cheeseburger Chicken Burger Grain Burger Chicken Fingers Chicken Snack Wrap Jamaican Meat Patty Chicken Souvlaki Bun	Hamburger & Cheeseburger Chicken Burger Grain Burger Chicken Fingers Chicken Snack Wrap Jamaican Meat Patty Quesadillas
VALUE COMBO: Combo any Ready Set Deli, Play Bowl or Crust & Stuff featured item + a FRESH SIDE + 250 ml Milk, Juice OR sugar free Fruit Drink for \$4.99. FRESH SIDE includes choice of fresh fruit, vegetables or whole grains. Options may include: salad (Greek, tossed, Caesar); fruit (fresh melon, grapes, apples, mandarin oranges or other sliced fresh fruit; veggies or whole wheat flatbread wedges with dip (salsa, hummus); whole grain cookie							
Seasonal Fresh Fruit Choices: Apples, Pears, Grape Clusters, Melon Wedges (Honeydew, Watermelon, Cantaloupe), Bananas, Oranges Bakery Selection: Assorted selection of: breakfast cookies, whole grain cookies, cereal squares, cinnamon buns, muffins/loaves, bagels, brownies On the Go: variety of choices. See full list of options							

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