



# Menu A - Menu Ingredient List



Week 1	Menu Items	Ingredients
Monday	<b>CHICKEN ALFREDO PASTA</b>	Whole Wheat Macaroni, Milk, Chicken Thigh, Cauliflower, Zucchini, Grated Parmesan Cheese, Panko Breadcrumbs, Salted Butter, Garlic, Cornstarch, Onion Powder, Lemon Juice, Dried Parsley
	<b>MAC N' CHEESE</b>	Whole Wheat Macaroni, Milk, Pumpkin Puree, Cheddar Cheese, Panko Breadcrumbs, Grated Parmesan Cheese, Cornstarch, Salted Butter, Dried Parsley
Tuesday	<b>HAM &amp; CHEESE SNACK BOX</b>	Ham (Low Sodium), Medium Cheddar Cheese, Carrots, Celery Stalk, Pita Bread, Plain Yogurt, Cucumber, Lemon Juice, Sugars (Honey), Garlic Powder, Onion Powder, Dried Dill Weed, Dried Parsley, Dried Chives
	<b>HUMMUS &amp; VEGETABLE SNACK BOX</b>	Hummus(Chick Peas, Lemon Juice, Canola Oil, Garlic, Cumin, Salt), Carrots, Celery, Pita Bread
Wednesday	<b>CHICKEN FRIED RICE</b>	Water, Chicken Thigh, Eggs, Brown Rice, Carrots, Cabbage, Onion, Chopped, Sweet Yellow Corn, Green Peas, Canola Oil, Green Onion, Soy Sauce (Gluten Free), Garlic, Garlic Powder, Onion Powder, Black Pepper, Ground Ginger
	<b>VEGETABLE FRIED RICE</b>	Water, Eggs, Brown Rice, Carrots, Cabbage, Onion, Sweet Yellow Corn, Green Peas, Canola Oil, Green Onion, Soy Sauce (Gluten Free), Garlic, Garlic Powder, Onion Powder, Black Pepper, Ground Ginger
Thursday	<b>PULLED PORK ROASTED POTATOES</b>	Potato, Pork Shoulder, Cheddar Cheese, Green Onion, Apple Juice From Concentrate, Ketchup, Mustard, Honey, Brown Sugar, Canola Oil, Onion Powder, Garlic Powder, Paprika, Salt, Pepper, Cumin
	<b>VEGETARIAN CHILI ROASTED POTATOES</b>	Potatoes, Tomatoes, Black Beans, Lentils, Onion, Carrots, Red Bell Pepper, Celery, Tomato Paste, Canola Oil, Chili Powder, Ground Cumin, Salt, Black Pepper
Friday	<b>BEEF BURGER WITH HOMEMADE POTATO WEDGES</b>	Lean Ground Beef, Hamburger Bun, Potatoes, Tomato, Cucumber, Lettuce, Ketchup(Packet), Canola Oil, Parsley, Salt, Black Pepper, Garlic Powder, Onion Powder
	<b>VEGGIE BURGER WITH HOMEMADE POTATO WEDGES</b>	Black Beans, Mushrooms, Brown Rice, Onion, Rice Flour, Hamburger Bun, Potatoes, Carrot, Lettuce, Tomato, Cucumber, Ketchup(Packet), Canola Oil, Paprika, Parsley, Cumin, Garlic Powder, Salt, Pepper
Week 2	Menu Items	Ingredients
Monday	<b>PASTA WITH MEATSAUCE</b>	Tomatoes, Ground Beef, Fusilli, Onions, Carrots, Green Cabbage, Turnip, Lentils, Tomato Paste, Cheddar Cheese, Vegetable Oil, Oregano, Basil, Sugar, Salt, Garlic Powder, Onion Powder, Pepper
	<b>PASTA WITH TOMATO SAUCE</b>	Tomatoes, Fusilli Onions Carrots, Green Cabbage, Turnip, Lentils, Tomato Paste, Sugar, Vegetable Oil, Salt, Oregano, Basil, Garlic Powder, Onion Powder, Pepper
Tuesday	<b>CHICKEN QUESADILLA WITH TOMATO SOUP</b>	Chicken, Whole Wheat Tortilla, Cheddar Cheese, Chili Powder, Canned Diced Tomatoes, Onions, Potatoes, Carrots, Tomato Paste, Kosher Salt, Sugar, Canola Oil, Basil, Oregano, Garlic Powder, Black Pepper
	<b>CHEESE QUESADILLA WITH TOMATO SOUP</b>	Whole Wheat Tortilla, Cheddar Cheese, Chili Powder, Canned Diced Tomatoes, Onions, Potatoes, Carrots, Tomato Paste, Kosher Salt, Sugar, Canola Oil, Basil, Oregano, Garlic Powder, Black Pepper
Wednesday	<b>ROAST TURKEY WITH MASHED POTATOES &amp; CARROTS</b>	Potato, Turkey (White & Dark Meat), Carrots, Water*, Milk, Chicken Gravy Mix Low Sodium*, Summer Savory, Black Pepper
	<b>VEGGIE MEATBALLS WITH MASHED POTATOES &amp; CARROTS</b>	Potato, Carrots, Vegetable Broth, Chickpeas, Milk, Egg, White Rice Flour, Zucchini, Carrots, Onion, Salted Butter, Cornstarch, Summer Savory, Kosher Salt, Garlic Powder, Black Pepper, Paprika, Dried Parsley
Thursday	<b>BEEF CHILI WITH ROLL</b>	Tomatoes, Whole Wheat Roll, Red Kidney Beans, Lean Ground Beef, Onion, Carrots, Red Bell Pepper, Celery, Salted Butter, Tomato Paste, Canola Oil, Chili Powder, Ground Cumin, Black Pepper
	<b>VEGETARIAN CHILI WITH ROLL</b>	Tomatoes, Whole Wheat Roll, Black Beans, Lentils, Onion, Carrots, Red Bell Pepper, Celery, Salted Butter, Tomato Paste, Canola Oil, Chili Powder, Ground Cumin, Black Pepper
Friday	<b>CHICKEN RANCH WRAP</b>	Chicken Thigh, Whole Wheat Tortilla, Iceberg Lettuce, Carrots, Celery Stalk, Ranch Salad Dressing, Cucumber
	<b>VEGETABLE &amp; CREAM CHEESE WRAP</b>	Whole Wheat Tortilla, Iceberg Lettuce, Carrots, Celery Stalk, Chickpeas, Cucumber, Cream Cheese, Lemon Juice, Water, Canola Oil, Garlic, Kosher Salt, Ground Cumin

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