

# ADAPTED COLD MENU

## MONDAY

**FRUIT/VEG:**

Applesauce  
(various flavours)

**PROTEIN:**

Cheese

**WHOLE GRAINS:**

Healthy red fruit  
breakfast bar

**DRINK:**

Student water bottle

**ATTENDANCE TALLY:**

## TUESDAY

**FRUIT/VEG:**

Applesauce  
(various flavours)

**PROTEIN:**

Drinkable Yogurt

**WHOLE GRAINS:**

Whole grains bread  
and jam

**DRINK:**

Student water bottle

**ATTENDANCE TALLY:**

## WEDNESDAY

**FRUIT/VEG:**

Whole Fruits

**PROTEIN:**

Yogurt

**WHOLE GRAINS:**

Oatbox bar  
(various flavours)

**DRINK:**

Student water bottle

**ATTENDANCE TALLY:**

## THURSDAY

**FRUIT/VEG:**

Whole fruits

**PROTEIN:**

Cheese Spread

**WHOLE GRAINS:**

Whole grain Melba  
Toast

**DRINK:**

Student water bottle

**ATTENDANCE TALLY:**

## FRIDAY

**FRUIT/VEG:**

Whole fruits

**PROTEIN:**

Carton of milk

**WHOLE GRAINS:**

Cereals (various  
flavours)

**DRINK:**

Student water bottle

**ATTENDANCE TALLY:**

# ADAPTED COLD MENU

## MONDAY

**FRUIT/VEG:**

Whole fruits

**PROTEIN:**

Cheese

**WHOLE GRAINS:**

Oatmeal and Fruit  
breakfast bar

**DRINK:**

Student water bottle

**ATTENDANCE TALLY:**

## TUESDAY

**FRUIT/VEG:**

Applesauce  
(various flavours)

**PROTEIN:**

Hard-Boiled Egg

**WHOLE GRAINS:**

Whole grain Melba  
Toast and Wow  
Butter

**DRINK:**

Student water bottle

**ATTENDANCE TALLY:**

## WEDNESDAY

**FRUIT/VEG:**

Whole fruits

**PROTEIN:**

Drinkable Yogurt

**WHOLE GRAINS:**

Oatbox Bar  
(various flavours)

**DRINK:**

Student water bottle

**ATTENDANCE TALLY:**

## THURSDAY

**FRUIT/VEG:**

Whole fruits

**PROTEIN:**

Yogurt

**WHOLE GRAINS:**

Healthy breakfast  
cookie (various  
flavours)

**DRINK:**

Student water bottle

**ATTENDANCE TALLY:**

## FRIDAY

**FRUIT/VEG:**

Dried fruits

**PROTEIN:**

Carton of milk

**WHOLE GRAINS:**

Cereals (various  
flavours)

**DRINK:**

Student water bottle

**ATTENDANCE TALLY:**