tinyFEAST
healthy school lunches, delivered daily

	Day 1 (Monday)	Day 2 (Tuesday)	Day 3 (Wednesday)	Day 4 (Thursday)	Day 5 (Friday)
Week 1	Meatballs, mashed potatoes with green beans and a small dessert	Whole wheat spaghetti, lean meat sauce, caesar salad and a small dessert	Oven-baked hamburger, seasoned & oven-baked potato wedges and a small dessert	Cheesy pizza with a sider order of veggies with hummus dip and a small dessert	Three pancakes, ½ slice toupie ham and sliced cucumbers and a small dessert
Week 2	Oven-baked Chicken chunks with home-made potato wedges, cucumbers and a small dessert	Homemade Macaroni & Cheese with Garden salad and a small dessert	Cheesy pizza with Caesar salad and a small dessert	Zesty Italian Lasagna with Caesar salad and a small dessert	Three pancakes, ½ slice toupie ham, three cucumber slices and a small dessert
Week 3	Whole wheat spaghetti (lean meat) with Caesar salad and a small dessert	Baked Chicken Breast with mashed potatoes, mixed veggies and a small dessert	Oven-baked hamburger with seasoned potato wedges, mixed veggies and a small dessert	Cheesy pizza with Veggies, hummus dip and a small dessert	Three pancakes, ½ slice toupie ham, three cucumber slices and a small dessert
Week 4	Zesty Italian Lasagna with Caesar salad and a small desert	Oven-baked Chicken chunks with home-made potato wedges and cucumbers and a small desert	Sloppy Chicken burger with side salad or mixed veggies and a small desert NEW	Cheesy pizza with Caesar salad and a small desert	Three pancakes, ½ slice toupie ham, three cucumber slices and a small dessert

NOTE: Please refer to the official HRSB calendar to confirm PD days and official holiday dates.
Go to: https://www.hrce.ca/sites/default/files/hrsb/hrce_school_calendar_2018-19.pdf
CSAP FRENCH SCHOOLS - https://csap.ca/eleves/calendrier-scolaire
GRAND PORTAGE WEBSITE - https://grand-portage.ednet.ns.ca/index.php/eleves/calendrier-scolaire
Base menu does not include school specific delivery days. Make sure you are aware of your schools calendar as to when they are open or closed.

Don't forget to sign up and we will email you a friendly reminder when the store is open each month - Some of you may need to check your spam folders! www.tinyfeast.ca