What's for Lunch at North York?

M

Hero

Burger

Т

Healthy

Kidz

W

Subway

Healthy

Kidz

Domino's

Hero Burger on Mondays

HALAL

- **H** Chicken Strips
- H Grilled Chicken Sandwich (3.9oz)
- H Hero Burger (3oz)
- H Hero Burger (4oz)
- H Vegetarian Soul Burger (4oz)

GLUTEN FREE

- H GF Gluten Free Grilled Chicken Sandwich (3.9oz)
- H GF Gluten Free Hero Burger (3oz)
- H GF Gluten Free Hero Burger (4oz)
- H GF Gluten Free Vegetarian Soul Burger (4oz)

DRINKS

Minute Maid 100% Apple Juice (200ml)

Subway on Wednesdays

6" Ham Sub

6" Turkey & Ham Sub

6" Turkey Sub

6" Veggie Sub

GLUTEN FREE

GF 6" Ham Sub

GF 6" Turkey & Ham Sub

GF 6" Turkey Sub

GF 6" Veggie Sub

AVAILABLE CUSTOMIZATIONS AND TOPPINGS

Bread White bread, Multigrain bread

Toppings Cucumbers, Tomatoes, Lettuce, Cheese

Sauce Mustard, Mayo, Sub Sauce

Healthy Kidz on Tuesdays/Thursdays

AVAILABLE BOTH TUESDAY AND THURSDAY

Large Whole Wheat Bagel

With Cream Cheese, Cucumber Slices, and Fresh Fruit

Small Whole Wheat Bagel

With Cream Cheese, Cucumber Slices, and Fresh Fruit

ON TUESDAYS

Large Baked Chicken Burger

On a Whole Wheat Bun with Dollar Potato, Pickles, and Ketchup

Large Sweet & Sour Meatballs

With Brown Rice and Steamed Corn

Small Baked Chicken Burger

On a Whole Wheat Bun with Dollar Potato, Pickles, and Ketchup

Small Sweet & Sour Meatballs

With Brown Rice and Steamed Corn

ON THURSDAYS

Large Baked Veggie Burger

On a Whole Wheat Bun with Roasted Potato Wedges, Pickles, and Ketchup

Large Cheddar & Potato Perogies

With Sour Cream and Steamed Broccoli

Large Penne Bolognese

With Whole Wheat Penne and Garlic Bread

Small Baked Veggie Burger

On a Whole Wheat Bun with Roasted Potato Wedges, Pickles, and Ketchup

Small Cheddar & Potato Perogies

With Sour Cream and Steamed Broccoli

Small Penne Bolognese

With Whole Wheat Penne and Garlic Bread

DRINKS

Oasis Apple Juice Box (200ml)
Oasis Orange Juice Box (200ml)
White Milk

LUNCH PORTION SIZES

Small items are recommended for Toddler to Grade 4 Large items are recommended for Grade 5 and up

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Healthy

Kidz

V

Subway

Healthy Kidz

Domino's

Domino's Pizza on Fridays

INDIVIDUALLY BOXED SLICES

One Slice of Cheese Pizza

One Slice of a Large 14" Pizza cut into 8, Individually Boxed

One Slice of Pepperoni Pizza

One Slice of a Large 14" Pizza cut into 8, Individually Boxed

Two Slices of Cheese Pizza

Two Slices of a Large 14" Pizza cut into 8, Individually Boxed

Two Slices of Pepperoni Pizza

Two Slices of a Large 14" Pizza cut into 8, Individually Boxed

GLUTEN FREE

GF Small 10" Cheese Pizza

GF Small 10" Pepperoni Pizza

GF Small 10" Veggie Pizza

Topped with Green peppers, Mushrooms, and Tomatoes

SINGLE SLICES

Cheese Slices

Slice of Cheese Pizza

Slice of a Large 14" Pizza cut into 8

Slice of Cheese Pizza

Slice of an Extra-Large 16" Pizza cut into 10

Pepperoni Slices

Slice of Pepperoni Pizza

Slice of a Large 14" Pizza cut into 8

Slice of Pepperoni Pizza

Slice of an Extra-Large 16" Pizza cut into 10

Veggie Slices

Slice of Veggie Pizza

Slice of a Large 14" Pizza cut into 8

Topped with Green peppers, Mushrooms, and Tomatoes

Slice of Veggie Pizza

Slice of an Extra-Large 16" Pizza cut into 10

Topped with Green peppers, Mushrooms, and Tomatoes