

PRESCHOOL CENTRE MENU WEEK 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice krispies Bananas Milk / juice / Water	Oatmeal Raisins Milk / juice / Water	Yogurt with Graham wafer Crackers Milk / juice / Water	Whole wheat English muffins Milk / juice / Water	Tea biscuits with Cheese whiz Milk / juice / Water
PM Snack	Ritz crackers Cheedar cheese Apples Milk / juice / water	Nachos Salsa Cheese Sour cream Milk / juice / water	Cranberry Oatmeal cookies Apples Milk / juice / Water	Ginger snaps Peaches Juice/milk/ water	Trail mix (mini Wheats, cheerios, Raisins, pretzels) Pears Milk / juice / water

Juice: apple, orange, cranberry