

The Preschool Centre - Clark St. Menu's

Week #2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal with milk Bananas Milk / Water	Apple sauce Gingersnaps Milk / Water	Muffins Oranges Milk / Water	Oatmeal Bananas Milk / Water	Yogurt Blueberries Arrowroot Milk / Water
Lunch	Tortellini w/ Sauce Carrot sticks Oranges Milk / Water	Make your own sub Bananas Milk / Water	Meat Loaf Potatoes Peas Apples Milk / Water	Chicken Quesadilla Celery sticks Oranges Milk / Water	Pizza Carrot sticks Bananas Milk / Water
Afternoon Snack	Trail Mix Bananas Milk / Water	Cookies Apples Milk / Water	Fruit Salsa Pita Chips Milk / Water	Cinnamon Bun Apples Milk / Water	Graham Crackers and Cream Cheese Apple Milk / Water