

The Preschool Centre – Clark St. Menu's

Week #3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal with milk Banana Milk / Water	French Toast Bananas Milk / Water	Yogurt Crackers Blueberries Milk / Water	Biscuits and Jam Oranges Milk / Water	Muffins Bananas Milk / Water
Lunch	Quiche Carrot sticks Apples Milk / Water	Tacos (lettuce, tomato, beef, cheese, salsa) Fruit Milk / Water	Stew Rolls Apples Milk / Water	Pancakes and Sausages Apples Milk / Water	Chicken balls Rice Mini Eggrolls Apples Milk / Water
Afternoon Snack	Veggie tray Milk / Water	Mandarins Ritz crackers Milk / Water	Cantaloupe Cookies Milk / Water	Rice Krispies Squares Banana Milk / Water	Watermelon Crackers Milk / Water