

The Preschool Centre - Clark St. Menu's

Week #4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Crackers with cream cheese Apples Milk / Water	Cinnamon Buns Apples Milk / Water	Yogurt Granola Berries Milk / Water	Bagel w/ cream cheese Oranges Milk / Water	Muffins Oranges Milk / Water
Lunch	Cod balls Taters Cucumbers Bananas Milk / Water	Chicken Stir Fry Rice Oranges Milk / Water	Spaghetti Garlic bread Apples Milk / Water	Soup Grilled Cheese sandwiches Apples Milk / Water	Sloppy Joes Apples Milk / Water
Afternoon Snack	Nutri-Grain bars Grapes Milk / Water	Cookies Bananas Milk / Water	Pears Ritz crackers Milk / Water	Banana Bread Milk / Water	Sun Chips Bananas Milk / Water