

SPRING / SUMMER MENU

The Preschool Centre

Week #1	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Bran flakes Blueberries Milk / Water	Biscuits with Jam Bananas Milk / Water	W/W Cinnamon Toast Oranges Milk / Water	Blueberry Muffins Apple Slices Milk / Water	Graham Crackers Cream Cheese Oranges Milk / Water
LUNCH	Hash Brown Casserole Oranges Milk / Water	Beef Barley Veggie Soup Apples Milk / Water	Chicken & Rice Veggies Apples Milk / Water	Hamburger Helper Piece of Fruit Milk / Water	Picnic Lunch Apples Milk / Water
PM SNACK	Cookies Piece of Fruit Milk / Water	Crispy Minis Apples Milk / Water	Granola Bars Bananas Milk / Water	Crackers Cheese Fruit Milk / Water	Nacho Chips Salsa / Cheese Sour Cream Water
AFTERSCHOOL	Same	Same	Same	Same	Same