

SPRING / SUMMER MENU

The Preschool Centre

Week #3	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Oatmeal Blueberries Milk / Water	Yogurt Social Tea Crackers Bananas Milk / Water	Blueberry Muffins Apple Slices Milk / Water	Cereal Banana slices Milk / Water	Yogurt Arrowroot Blueberries Milk / Water
LUNCH	Tuna Helper Cukes Oranges Milk / Water	Make a Sub Day Sliced Meat Cheese Fuit Milk / Water	Rice / Meatballs Sweet/Sour Sauce Corn Fruit Milk / Water	Chicken / Cheese Quesadillas Sour Cream / Salsa Cukes Oranges Milk / Water	Surprise Salad Day Sliced Meat Cheese Fruit Milk / Water
PM SNACK	Crackers Veggies and Dip Milk / Water	Cookies Canataloupe Milk / Water	Pudding or Yogurt Crackers Strawberries Milk / Water	Cheese Biscuits Oranges Milk / Water	Graham Crackers Cream Cheese Grapes Milk / Water
AFTERSCHOOL	Same	Same	Same	Same	Same