

The Preschool Centre – Union and Melissa St. Menu's

Week #3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal with milk Banana Milk / Water	English muffin with jam Fruit Milk / Water	Muffins Banana Milk / Water	Cheese Biscuits Oranges Milk / Water	Yogurt Granola Fruit Milk / Water
Afternoon Snack	Veggie tray Milk / Water	Nutri Grain bar Banana Milk / Water	Cantaloupe Cookies Milk / Water	Rice Krispies Squares Banana Milk / Water	Watermelon Crackers Milk / Water