



The Preschool Centre – Clark St. Menu

Week #1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal with milk Fruit Milk / Water	Waffles and Bananas Milk / Water	Cinnamon Toast Fruit Milk / Water	Yogurt and Granola Fruit Milk / Water	Mandarin Oranges and Crackers Milk / Water
Lunch	Hashbrown Casserole Carrot Sticks Fruit Milk / Water	Tacos, lettuce, Tomatoes, and cheese Apples Milk / Water	Soup and Grilled Cheese Crackers Fruit Milk / Water	Beef Stew and Rolls Fruit Milk / Water	Chicken Stir Fry Rice Fruit Milk / Water
Afternoon Snack	Rice Krispies Squares fruit Milk / Water	Banana Bread Fruit Milk / Water	Macaroons Fruit Milk / Water	Biscuits w/ Jam Fruit Milk / Water	Wraps with Wow butter Fruit Milk / Water