



The Preschool Centre – Clark St. Menu

Week #2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal with milk Fruit Milk / Water	Apple sauce Gingersnaps Milk / Water	Muffins Oranges Milk / Water	Bagels and cream cheese Fruit Milk / Water	Yogurt Blueberries Arrowroot Milk / Water
Lunch	Pancakes and Sausages Fruit Milk / Water	Spaghetti with meat sauce Carrot sticks Fruit Milk / Water	Chicken strips Potato fries Veggies Fruit Milk / Water	Meatballs and rice Fruit Milk / Water	Pepperoni / cheese pizza buns Carrot sticks Fruit Milk / Water
Afternoon Snack	Graham crackers and Wow butter fruit Milk / Water	Cookies Fruit Milk / Water	Pudding Arrowroot Fruit Milk / Water	Ritz crackers and cheese Fruit Milk / Water	Nachos, salsa, sour cream, cheese Fruit Milk / Water