

The Preschool Centre

Week Three Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Am Snack	Cheerios, Bananas, Water	Yogurt, Blueberries, Water	Hot Oatmeal with Brown Sugar, Raisins, Water	English Muffins, With Jam, Water	Hash Browns, Apples, Water
L U N C H	Ham & Cheese Melts, Sun Chips, Apples, Milk	Chicken & Cheese Quesadillas, Carrots & Cucumbers Grapes, Milk	Pepperoni/Cheese Pizza on Whole Wheat English Muffins, Cucumber & Carrot Sticks Apples Milk	Grilled Cheese Sandwiches, Chicken Noodle Soup, Oranges, Milk	Chicken Nuggets, Rice, Mixed Veggies, Oranges, Milk
Pm Snack	Fruit Cocktail, Digestive Biscuits, Water	Rice Crispy Squares, Kiwi, Water	Cheese and Ritz Crackers, Oranges, Water	Carrot Muffins, Apples, Water	Chocolate Pudding, Bananas, Water