

**The Preschool Centre
Windsor Street**

Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cheerios Apples Water	Whole Wheat Bagels Cream Cheese Water	Cracker Trio Cheese, Grapes Water	Yogurt Graham Wafer Crackers Water	Whole Wheat Toast Grape Jelly Water
Lunch	Chicken Rice Multigrain Rolls Dill Pickles Apples Milk	Scrambled Eggs Ham Carrot sticks Oranges Milk	Subs (Ham, Turkey, Cheese, Pickles) Cucumber Apples Milk	Hay Stack Chili (Corn, Rice & Nacho Chips) Grapes Milk	Chicken Burgers Tossed Salad Melon Milk
PM Snack	Mandarin Orange Arrowroot Cookies Water	Hummus Naan Bread Grapes Water	Wow Butter Banana Wraps Water	Cucumber & Carrots Cheese Chunks Bread Sticks Water	Homemade Granola Bars Apple slices Water