



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Program</b> (Fruit, milk, water)	Enjoy Life soft mini cookies	Pancakes	Cereal	Waffles with Syrup	Muffin
<b>After School Program</b> (Fruit, milk, water)	MG minis	Multigrain tortilla chips with salsa Baby carrots	Whole Wheat soft pretzels	Banana bread Bear Paws/ mixed fruit cup	Plain Whole grain scones

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Program</b> (Fruit, milk, water)	Oatmeal cookie and yogurt	English muffin with Jam	Cereal	Wow butter or Margarine on WW toast	Granola bar/ zip tubes yogurt
<b>After School Program</b> (Fruit, milk, water)	MG soft baked mini cookies	Whole Wheat mini pitas with cream cheese	Whole Wheat PP crackers with cheese bites	Snack Loaf Crunch dried 100% fruit	Veggie straws English cucumber

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Program</b> (Fruit, milk, water)	Enjoy Life soft mini cookies	Pancakes	Cereal	Waffles with Syrup	Muffin
<b>After School Program</b> (Fruit, milk, water)	WW Mini Croissant/Jam	Frozen Yogurt	Bread sticks with cream cheese	Crunchy rice rolls Mandarin/orange fruit cup	MG minis Celery sticks/ranch dip

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Program</b> (Fruit, milk, water)	Oatmeal cookie/drinkable yogurt	English muffin with Jam	Cereal	Wow butter or Margarine on WW toast	Granola bar/ Nano yogurt
<b>After School Program</b> (Fruit, milk, water)	Snack Loaf	Free Yumm cookies	WW mini bread sticks Cheese sticks	WW mini bagels with cream cheese	Popcorn portions Cherry tomatoes

### Wednesday Delivery Menu

We provide snacks that are nutritious and that meet the recommendations of two food groups per snack. For more information, please check "Eating well with Canada's Food Guide".

<http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>