



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Program (Fruit, milk, water)	Pancakes	Cereal	Waffles with Syrup	Muffins	Oatmeal cookies and yogurt
After School Program (Fruit, milk, water)	Multigrain tortilla chips with salsa	Veggie Straws	Banana bread Bear Paws Mixed fruit cup	Plain whole grain scones	MG Soft Baked Mini Cookies

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Program (Fruit, milk water)	English Muffin with jam	Cereal	Wow butter or Margarine on WW toast	Granola bar /Zip tubes yogurt	Banana Maple cookies
After School Program (Fruit, milk, water)	WW mini pita with cream cheese Baby Carrots	Whole Wheat PP crackers/cheese bites	Snack Loaf/ Crunch dried 100% fruit	Veggie crackers English cucumbers	Mini croissants with Jam

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Program (Fruit, milk, water)	Pancakes	Cereal	Waffles with Syrup	Muffins	Oatmeal cookie and drinkable yogurt
After School Program (Fruit, milk, water)	Frozen Yogurt	Cheddar crackers	Mixed Fruit snacks	MG minis Celery sticks/ranch dip	Snack Loaf

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Program (Fruit, milk, water)	English Muffin with jam	Cereal	Wow butter or Margarine on WW toast	Granola bar/Nano yogurt	Banana Maple cookies
After School Program (Fruit, milk, water)	Plain whole grain scones	WW mini bread sticks with cheese stick	WW mini bagels with cream cheese	Popcorn portions Cherry tomatoes	Veggie crackers

Tuesday 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>