



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 Baby carrots	Whole Wheat soft pretzels	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	Enjoy Life soft mini cookies
After School Program (Fruit, milk, water)	WW mini pitas with cream cheese	Whole Wheat PP crackers/cheese bites	Snack Loaf/ Crunch cried 100% fruit	Veggie Straws English cucumbers	Whole Wheat 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	Bread Sticks with cream cheese	Crunchy rice rolls Mandarin/orange fruit cup	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	Enjoy Life soft mini cookies
After School Program (Fruit, milk, water)	Free Yumm cookies	WW mini bread sticks with cheese stick	WW mini bagels with cream cheese	Popcorn portions Cherry tomatoes	MG minis

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>