



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

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Program</b> (Fruit, milk water)	English Muffin with jam	Cereal	Margarine on WW toast	Granola bar /Zip tubes yogurt	Cereal
<b>After School Program</b> (Fruit, milk, water)	Mini pita with cream cheese Baby Carrots	Whole Wheat PP crackers/babybel portions	Snack Loaf/ Crunch dried 100% fruit	Ritz Bits Minis English cucumbers	Mini croissants with Jam

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Program</b> (Fruit, milk, water)	Pancakes	Cereal	Waffles with Syrup	Muffin and drinkable yogurt	Cereal
<b>After School Program</b> (Fruit, milk, water)	Frozen Yogurt	Cheddar crackers	MG Rice Krispy Square Fruit snack bar	MG minis Celery sticks/ranch dip	Mini Pita with cream cheese

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Program</b> (Fruit, milk, water)	English Muffin with jam	Cereal	Margarine on WW toast	Granola bar/Nano yogurt	Cereal
<b>After School Program</b> (Fruit, milk, water)	Plain scones	Mini croissants with cheese stick	WW mini bagels with cream cheese Cherry tomatoes	Popcorn portions	Snack Loaf

### 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>