

AMONG FRIENDS

CHILDCARE CENTRE

M E N U

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Program	Waffles/Pancakes served with syrup, jam, butter and/or cream cheese	Mixed Cereal served with milk	Arrowroot Biscuits served with yogurt	English Muffins served with jam, butter and/or cream cheese	Mixed Cereal served with milk
After School Program Fruits and Vegetables served daily	Premium Plus Crackers served with cheese	Chocolate Chip Banana Bread or Little Bites served with Yogurt	Bagel served with jam, butter and/or cream cheese	Variety of Made Good Granola bars served with GoGo Squeez	Multigrain Tortilla Chips served with salsa

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Program	Toast served with jam, butter and/or cream cheese	Mixed Cereal served with milk	Waffles/Pancakes served with syrup, jam, butter and/or cream cheese	Variety of Made Good Morning Bars and Yogurt	Mixed Cereal served with milk
After School Program Fruit/vegetables served daily	Pita and/or Melba Toast served with hummus and cream cheese	Fresh Vegetables served with Ranch Dip and/or Hummus and a Rice Krispies Square	Goldfish Crackers served with cheese	Variety of Bear Paw Flavors	Variety of Made Good Bars and Yogurt

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Program	Waffles/Pancakes served with syrup, jam, butter and/or cream cheese	Mixed Cereal served with milk	Arrowroot Biscuits served with yogurt	English Muffins served with jam, butter and/or cream cheese	Mixed Cereal served with milk
After School Program Fruit and vegetables served daily	Premium Plus Crackers served with cheese	Chocolate Chip Banana Bread or Little Bites served with Yogurt	Bagel served with jam, butter and/or cream cheese	Variety of Made Good Granola bars served with GoGo Squeez	Multigrain Tortilla Chips served with salsa

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Program	Toast served with jam, butter and/or cream cheese	Mixed Cereal served with milk	Waffles/Pancakes served with syrup, jam, butter and/or cream cheese	Variety of Made Good Morning Bars and Yogurt	Mixed Cereal served with milk
After School Program Fruit and vegetables served daily	Pita and/or Melba Toast served with hummus and cream cheese	Fresh Vegetables served with Ranch Dip and/or Hummus and a Rice Krispies Square	Goldfish Crackers served with cheese	Variety of Bear Paw Flavors	Variety of Made Good Bars and Yogurt

Our practices adhere to the Child Care and Early Years Act as well as the Canada Food Guide. Please note that the variety of mixed cereals may include Multigrain Cheerios, Corn Flakes, Rice Krispies, and Shreddies.

Substitutions may be made if certain items are out of stock

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