



| Week 1  | Monday                              | Tuesday                             | Wednesday                    | Thursday   | Friday                    |
|---|-------------------------------------|-------------------------------------|------------------------------|--|---------------------------|
| <b>Morning Program</b><br>(Fruit, Milk, water)      | Wow butter or Margarine on WW toast | Granola bar/Nano yogurt             | Enjoy Life soft mini cookies | Pancakes   | Cereal                    |
| <b>After School Program</b><br>(Fruit, milk, water) | WW mini bagels with cream cheese    | Popcorn portions<br>Cherry tomatoes | MG minis                     | Multigrain tortilla chips with salsa<br>Baby carrots | Whole Wheat soft pretzels |

| Week 2  | Monday                                 | Tuesday                  | Wednesday                  | Thursday                                 | Friday                                    |
|---|--|--------------------------|----------------------------|--|---|
| <b>Morning Program</b><br>(Fruit, milk, water)      | Waffles with Syrup                     | Muffin                   | Oatmeal cookie and yogurt  | English muffin with Jam                  | Cereal                                    |
| <b>After School Program</b><br>(Fruit, milk, water) | Banana bread Bear Paws/mixed fruit cup | Plain Whole grain scones | MG soft baked mini cookies | Whole Wheat mini pitas with cream cheese | Whole Wheat PP crackers with cheese bites |

| Week 3  | Monday                                | Tuesday                            | Wednesday                    | Thursday      | Friday                         |
|---|---------------------------------------|------------------------------------|------------------------------|---------------|--------------------------------|
| <b>Morning Program</b><br>(Fruit, milk, water)      | Wow butter or Margarine on WW toast   | Granola bar<br>Zip tube yogurt     | Enjoy Life soft mini cookies | Pancakes      | cereal                         |
| <b>After School Program</b><br>(Fruit, milk, water) | Snack loaf<br>Crunch dried 100% fruit | Veggie Straws<br>English cucumbers | WW mini croissant with jam   | Frozen Yogurt | Bread sticks with cream cheese |

| Week 4  | Monday  | Tuesday                             | Wednesday                           | Thursday                | Friday  |
|---|---|-------------------------------------|-------------------------------------|-------------------------|---|
| <b>Morning Program</b><br>(Fruit, milk, water)      | Waffles with Syrup                              | Muffin                              | Oatmeal cookie and drinkable yogurt | English muffin with jam | cereal  |
| <b>After School Program</b><br>(Fruit, milk, water) | Crunchy rice rolls<br>Mandarin/orange fruit cup | MG minis<br>Celery sticks/ranch dip | Snack loaf                          | Free Yumm cookie        | Whole Wheat mini bread sticks<br>Cheese stick |

### Friday 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>