



Snack Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Program, fruit, milk, water	Cereal	Waffles with Syrup	Muffins	Oatmeal cookie and yogurt	English muffin with jam
After School Program, fruit, milk, water	Honey Wheat Soft Pretzels	Banana Bread, Bear Paws / Mixed fruit cup	Plain whole grain scones	Made Good soft baked mini cookies	Whole wheat mini pitas with cream cheese

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Program, fruit, milk, water	Cereal	Wowbutter or margarine on WW toast	Granola bar / zip tube yogurt	Enjoy life soft mini cookies	Pancakes with syrup
After School Program, fruit, milk, water	Whole wheat PP cracker with cheese bites	Snack loaf crunch dry 100% fruit	Veggie Straws / English Cucumber	WW Mini Croissant With Jam	Frozen Yogurt Vanilla Cups

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Program, fruit, milk, water	Cereal	Waffle with Syrup	Muffins	Oatmeal cookie and drinkable yogurt	English muffin with jam
After School Program, fruit, milk, water	Bread sticks with cream cheese	Crunchy rice roll, mandarin orange fruit cup	Made good minis / celery stick ranch dip	Snack loaf	Free Yumm Cookies

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Program, fruit, milk, water	Cereal	Wow butter or margarine on WW toast	Granola Bar / nano yogurt	Enjoy life soft mini cookies	Pancakes with syrup
After School Program, fruit, milk, water	WW mini bread sticks with cheese sticks	WW mini bagels with cream cheese	Popcorn / cherry tomatoes	Made good minis	Multigrain Tortilla Chips with Salsa Baby carrots

Monday 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>