

Centre: \_\_\_\_\_

Dates: \_\_\_\_\_

Time of Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Cereal Fruit: _____ Milk/Water	Apple Sauce or Fruit _____ with cinnamon sprinkles Graham Crackers or Bran Crunch Biscuit Milk/Water	Muffins/Loaves (made in the centre with high fibre/oatmeal and fruit) Milk/Water	Raisin Bread or W. W. toast or bagels with assorted spreads (butter, Twice the Fruit jam, cinnamon sprinkles, etc.) Milk/Water	Hot or Cold Cereal Fruit: _____ Milk/Water
<b>Lunch</b>	Pizza Veggie Sticks/Salad Milk/Water Fruit: _____	Pasta with added legume Salad/Veggie Sticks Milk/Water Fruit: _____	Fish with Rice/Potatoes Broccoli or Hot/Cold Veggies Milk/Water Fruit: _____	Scrambled Eggs or Egg Dish Turkey Sausage Hot Veggies or Vegetable Sticks Milk/Water Fruit: _____	Chicken Milk/Water Fruit: _____
<b>Afternoon Snack</b>	Assorted veggies Ranch Dip Whole Wheat Crackers Water	Trail Mix Fruit: _____ Water	Wraps Salsa Shredded Cheese Sour Cream Water	Yogurt Fresh/Frozen Fruit: _____ Water	Cheese & Unsalted Crackers Cucumber slices Turkey Kielbasa Water

- Cracker List**  
 W.W. Premium Plus  
 W.W. Breton Crackers  
 Cheddar Goldfish  
 P.C. Grain Crisp and Thin  
 Wheat Thins

- Infant cookies/crackers**  
 Rice Rusks  
 Puffs  
 W.W. Toppables  
 W.W. Breton

- Dip List**  
 Hummus, Bean Dip,  
 Spinach Dip  
 Cream Cheese  
 Baba Ghanoush

- Cookie List**  
 Arrowroot  
 Graham Crackers  
 Digestive Cookies  
 Bran Crunch Cookies

- No sugar added  
 Shortcake Cookies