

Centre: _____

Dates: _____

Time of Day	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Milk/Water	Yogurt Granola Fruit: _____ Milk/Water	Hard Boiled Eggs Cottage Cheese with cinnamon, honey berries Milk/Water	Muffins/Loaves (made at the centre with high fibre/oatmeal and fruit) or Nutrigrain Bars Fruit: _____ Milk/Water	Overnight Oats Milk/Water
Lunch	Pasta with Legumes Salad Garlic Bread Milk/Water Fruit: _____	Cook's Choice Egg Milk/Water Fruit: _____	Soup Assorted sandwiches (tuna, salmon, chicken) Veggie Sticks Milk/Water Fruit: _____	Chicken Potatoes/Rice Mixed Veggies or Broccoli Soup Milk/Water Fruit: _____	Mexican Style Homemade Chilli Rice and Whole Wheat Toast Mixed Vegetables Milk/Water Fruit: _____
Afternoon Snack	Trail Mix Fruit _____ Water	Cheese & Crackers Vegetable Sticks Water	Cereal with Fruit: _____ Water	Apple Sauce & Graham Crackers Water	Crispy Flat Bread or Rice Crackers Assorted Dips (hummus, tzatziki, Baba Ghanosh or light salad Dressing) Fruit: _____ Water

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

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

- 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