

Centre: _____

Dates: _____

Time of Day	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal	Whole Wheat English Muffins or Naan Bread with Twice the Fruit Jam and/or Butter cream cheese	Yogurt	Cold/Hot Oatmeal (regular)	Muffin or Loaves
	Milk/Water	Fruit: _____ Milk/Water	Fruit: _____ Milk/Water	Fruit: _____ Milk/Water	Fruit: _____ Milk/Water
Lunch	Macaroni & Cheese	Cook's Choice	Breaded Fish	French Toast/Pancakes (optional homemade fruit syrup topping) Turkey Sausage	Chicken
	Salad/ Vegetable Sticks	Beef	Home Fries	Hot/Cold Veggie:	Rice
Afternoon Snack	Milk/Water	Milk/Water	Hot Vegetables	Milk/Water	Salad/Veggies
	Fruit: _____	Fruit: _____	Milk/Water	Milk/Water	Milk/Water
Afternoon Snack	Cookie: _____	Cereal & Milk	Triscuits/Melba Toast	Graham Crackers	Cook's Choice
	Fruit: _____	Banana's	Cream Cheese	yogurt based dip	Monthly Celebration
	Water	Water	Jam		ie: cookies
			Fruit: _____	Fruit: _____	cup cakes
			Water	Water	ice cream, etc
					only once in 4 week cycle
					Water

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

- Infant Cookie/Cracker List**
 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