

Snack - Week # 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM S N A C K	Whole Wheat Croissants Unsweetened Jam Fresh Fruit Milk/Water	Raisin Bread Cheese Cubes Fresh Fruit Milk /Water	Whole Wheat Waffles Pure Maple Syrup Canned Pears Milk/Water	Choice of Cereal *Cheerios, * Rice Krispies, *Special K, *Life, *Bran Flakes *Mixed Seeds Fresh Fruit Milk/Water	Toasted Whole Wheat Bagels Plain Cream Cheese Unsweetened Jam Fresh Fruit Milk/Water
PM S N A C K	Scones *Whole Wheat *Cranberry *Blueberry Fresh Fruit Milk/Water	Popcorn Veggie sticks Milk/Water	Vanilla Yogurt Parfait with Rice Krispie Cereal Frozen Fruit Milk/Water	Flavoured Mini Rice Cakes Cheese Cubes Vegetable Sticks Water/ Milk	Whole Wheat Hummus Wraps with Fresh Veggies Milk/Water

Fruit and vegetables include several varieties: banana, grapes, apple, kiwi, orange, cantaloupe, pineapple, peach, melon, cucumber, carrots, lettuce, tomatoes, peppers, broccoli, cauliflower.