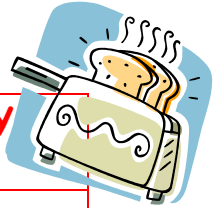
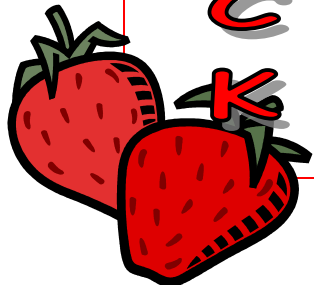
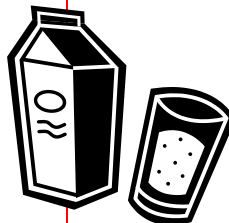
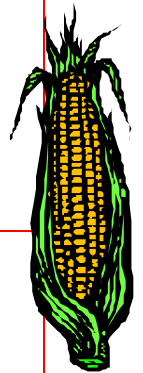




Snack - Week # 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	Fruit Yogurt with Nut Free Granola Mix Fresh fruit Milk	Raisin Toast Fresh fruit Milk	Whole Wheat Waffles with Cinnamon sugar Milk	Choice of Cereal with milk (Cherrios, Rice Krispies, Special K, Bran Flakes) Fresh fruit	Toasted Whole Wheat Bagels Plain & flavoured cream cheese spreads Fresh fruit Milk
PM	Flavoured Mini Rice cakes Cream Cheese Spread Fresh fruit	Banana mini muffin poppers Fresh fruit Milk	Fruit Yogurt Graham crackers	Animal or Arrow Root Cookies Fresh fruit Milk	Popcorn with parmesan sprinkle Fresh Fruit Milk
	Water is offered at all snacks to quench thirst.				



Fruit includes several varieties: banana, grapes, apple, kiwi, orange, canteloup, pineapple, peach, melons.

