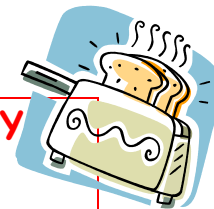
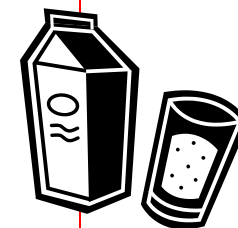
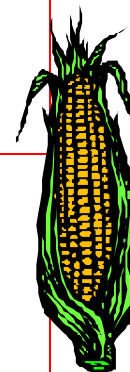


# Snack - Week # 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM S N A C K</b>	Fruit Yogurt  Nut Free Granola Mix Fresh Fruit  Milk	Raisin Toast  Fresh Fruit  Milk	Whole Wheat Waffles  Pure Maple Syrup  Milk	Choice of Cereal with milk (Cherrios, Rice Krispies, Special K, Life, Bran Flakes)  Fresh Fruit	Toasted Whole Wheat Bagels  Plain & Flavoured Cream Cheese spreads  Fresh Fruit  Milk
<b>PM S N A C K</b>	Flavoured Mini Rice cakes  Cheese Cubes  Fresh Fruit  Milk  Water is offered at all snacks to quench thirst.	Banana Mini Muffin Poppers  Fresh Fruit  Milk	Fruit Yogurt  Graham Crackers  Milk	Animal or Arrow Root Cookies  Unsweetened Apple Sauce  Milk	Popcorn with Parmesan Sprinkle  Cut Vegetables  Milk



Fruit includes several varieties: banana, grapes, apple, kiwi, orange, cantaloupe, pineapple, peach,

