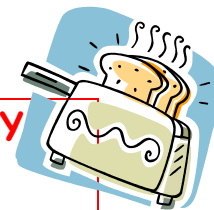
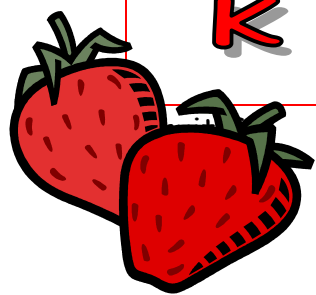
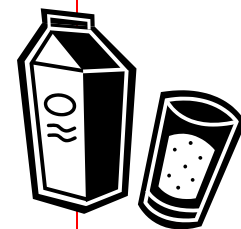
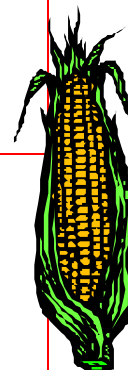


Snack - Week # 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM S N A C K	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
PM S N A C K	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,