
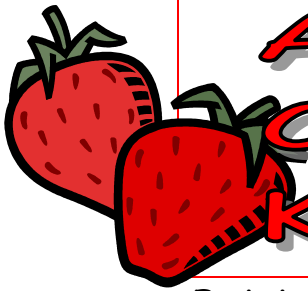
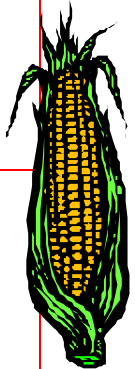


Snack - Week # 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM S N A C K	Raisin Toast Fresh Fruit Milk	Choice of Cereal with milk Fresh Fruit	Whole Wheat Bagels Plain and Flavoured Cream Cheese Fresh Fruit Milk	Oatmeal (Assorted varieties) Fresh Fruit Milk	Mini Banana Loaf Fresh Fruit Milk
PM S N A C K	Apple Raspberry Crumble Granola Bars Cheese Cubes Fresh Fruit Milk *Water is offered at all snacks to quench thirst.	Pita/Lentil Chips Hummus/Tzatziki Dips Raw Vegetable Sticks Milk	Yogurt Nut Free Granola Mix Fresh Fruit	Vegetable Platter Whole Grain Crackers Cheese Cubes Water	Crunchy Rice Rolls Fresh Fruit Milk



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

