



Daily Snacks & Lunch

October 9 - 13, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Morning:</i>	<i>Morning:</i> Toasted English muffin w/ jam	<i>Morning:</i> Scrambled eggs on toast	<i>Morning:</i> Waffles w/ apple sauce	<i>Morning:</i> Yogurt & Granola
	Milk	Milk	Milk	Milk
<i>Lunch:</i> Centre Closed Thanksgiving Monday	<i>Lunch:</i> Tuna burger Coleslaw	<i>Lunch:</i> Spaghetti Tomato sauce Cucumber slices	<i>Lunch:</i> Baked Beans w/ Tomato sauce Basmati Rice Carrot sticks	<i>Lunch:</i> Pizza Bites Raw vegetables
	Fruit	Fruit	Fruit	Fruit
	Milk	Milk	Milk	Milk
<i>Afternoon:</i>	<i>Afternoon:</i> Pumpkin Chocolate Chip Loaf	<i>Afternoon:</i> Hummus Pita Pickles	<i>Afternoon:</i> Muffins	<i>Afternoon:</i> Fruit Tray Arrowroot cookies
	Water	Water	Water	Water