



| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|----------------------------------|---|--|--|---|
| Morning Program | Margarine on Whole Wheat bread | Cereal with milk | Arrowroot cookie with yogurt | Waffles with Syrup | Cereal with milk |
| After School Program | PP crackers with cheese Fruit | Goldfish / cheese stick and cherry tomatoes | Bagel with cream cheese Cucumber slices | Made Good granola bar / seasonal fruit | Multigrain tortilla chips with salsa Celery sticks |

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|--------------------------------|--|------------------------------|--|-----------------------------|
| Morning Program | Margarine on Whole Wheat toast | Cereal with milk | Pancakes with syrup | Cereal with milk | English muffins with jam |
| After School Program | Seasonal fruit with yogurt | MG Red velvet soft baked cookies with Yogurt | Mixed veggies with ranch dip | Melba toast with cream cheese Cucumber slices | Rice cake with gogo squeeze |

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|----------------------------------|---|--|--|---|
| Morning Program | Margarine on Whole Wheat bread | Cereal with milk | Arrowroot cookie with yogurt | Waffles with Syrup | Cereal with milk |
| After School Program | PP crackers with cheese Fruit | Goldfish / cheese stick and cherry tomatoes | Bagel with cream cheese Cucumber slices | Made Good granola bar / seasonal fruit | Multigrain tortilla chips with salsa Celery sticks |

| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|--------------------------------|--|------------------------------|--|-----------------------------|
| Morning Program | Margarine on Whole Wheat bread | Cereal with milk | Pancakes with syrup | Cereal with milk | English muffins with jam |
| After School Program | Seasonal fruit with yogurt | MG Red velvet soft baked cookies with Yogurt | Mixed veggies with ranch dip | Melba toast with cream cheese Cucumber slices | Rice cake with gogo squeeze |

We provide snacks that are nutritious and that meet the recommendations of two food groups per snack. For more information, please check "Eating well with Canada's Food Guide".

<http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

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