

Andrew Fleck Childcare Alta Vista Programs



Menu

Water served at all snacks

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Oranges Cereal Milk	Frozen Berries Yogurt Milk	Apples Crumpets Milk	Blueberries Hot Oatmeal Milk	Applesauce Graham Crackers Milk
Afternoon	Apples Arrowroots	Cheese, Crackers & Pears	Veggies with dip & Breadsticks	Fruit Salad Cookies	Nachos, Salsa & cheese

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Fruit Cereal Milk	Frozen Berries and Yogurt Milk	English Muffins Fruit Salad Milk	Raspberries Toast with spread Milk	Graham crackers applesauce milk
Afternoon	Crackers & Cream Cheese Apples	Oranges & Cookies	Bananas Soy butter & wraps	Ants on a Log (Soy butter, celery, raisins) & crackers	Cantaloupe & Pretzels

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Oatmeal Raisins Milk	Oranges Cereal Milk	Fruit: _____ English Muffins Milk	Applesauce & Graham Crackers Milk	Yogurt parfaits (cereal & berries) Milk
Afternoon	Oranges, Rice Cakes & Soy butter/cream cheese	Cream cheese & Graham Crackers Cinnamon Apples	Cheese Quesadillas & Carrots	Bananas Yogurt Arrowroots	Gold fish Crackers & Cucumbers

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Apples Cereal Milk	Apples & Arrowroots Milk	Frozen fruit Yogurt Milk	Banana, Soya and Graham Crackers Milk	Blueberry Muffins Cheese slices Milk
Afternoon	Whole wheat Wraps, cream cheese & Cucumbers	Oranges & Goldfish	Cheese Pita & Carrots	Fruit & Party Mix	Yogurt cups Melon

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Oatmeal & Fruit Milk	Fruit Yogurt Cups Milk	Pears English Muffins Milk	Bananas & Toast with spreads Milk	Bagels and cream cheese Milk
Afternoon	Apples, Soya butter & arrowroot	Bagels with melted cheese Fruit	Pizza Rolls (wholegrain wraps with tomato sauce & cheese)	Pita with pickles and cheese	Grapes, Cream cheese & crackers