

HAMILTON • WENTWORTH

# Catholic Child Care Centres

## MENU - Spring/ Summer

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>AM</b>	W.W. Cereal Trail Mix Fresh Fruit  2%Milk or Water	Yogurt Parfait w/Granola Fresh Fruit  2%Milk or Water	Raisin Bread w/Margarine Fresh Fruit  2%Milk or Water	W.W Crackers w/ Cream Cheese Fresh Fruit  2%Milk or Water	W.W. English Muffin Wow Butter Fresh Fruit 2%Milk or Water
	<b>PM</b>	W.W. Crackers Cheese Cubes Fresh Fruit  2%Milk or Water	W.W. Pita Tzatziki Fruit or Veggie Sticks  2%Milk or Water	W.W Energy Bites or Squares w/ Fresh Fruit  2%Milk or Water	W.W. Crackers w/ Veggies and Dip   2%Milk or Water	W.W Tortilla w/ Shredded Cheese & Cucumbers Fresh Fruit 2%Milk or Water
<b>Week 2</b>	<b>AM</b>	Plain Rice Cakes w/ Fruit Spread Fresh Fruit  2%Milk or Water	W.W. Bread w/ Cinnamon & Margarine Fresh Fruit  2%Milk or Water	W.W. Cereal Trail Mix Fresh Fruit  2%Milk or Water	W.W Pita w/ Cream Cheese 2%Milk or Water	W.W. Crackers w/ Fresh Fruit Salad  2%Milk or Water
	<b>PM</b>	W.W. Tortilla Salsa/ Hummus   2%Milk or Water	W.W. Crackers Fruit Spread Fresh Fruit  2%Milk or Water	Spinach Dip w/ Veggies   2%Milk or Water	Granola w/ Unsweetened Applesauce   2%Milk or Water	Frozen Fruit & Yogurt   2%Milk or Water
<b>Week 3</b>	<b>AM</b>	W.W. Bagels w/ Cream Cheese Fresh Fruit  2%Milk or Water	W.W. Cereal Mix Fresh Fruit Slices  2%Milk or Water	W.W. English Muffin w/ Fruit Spread Fresh Fruit 2%Milk or Water	Raisin Bread w/ Margarine Fresh Fruit  2%Milk or Water	Yogurt Parfait Fresh Fruit  2%Milk or Water
	<b>PM</b>	Goldfish Crackers w/ Fresh Veggie Sticks 2%Milk or Water	Plain Rice Cakes w/ Wow Butter  Fresh Fruit 2%Milk or Water	Yogurt Dip Fresh Fruit Cubes  2%Milk or Water	W.W. MelbaToast w/ Hummus & Cucumber Slices 2%Milk or Water	W.W. Tortilla Wedges w/ Fruit Salsa  2%Milk or Water
<b>Week 4</b>	<b>AM</b>	Unsweetened Applesauce w/ Graham crackers  2%Milk or Water	W.W. Bread w/ Fruit Spread Fresh Fruit 2%Milk or Water	Yogurt Parfait  Fresh Fruit  2%Milk or Water	W.W. Cereal Trail Mix Fresh Fruit  2%Milk or Water	W.W. Bagels w/ Cream Cheese Fresh Fruit  2%Milk or Water
	<b>PM</b>	W.W. Breadsticks Cheese  Fresh Fruit  2%Milk or Water	Watermelon w/ Yogurt & Frozen Berries   2% Milk or Water	Plain Rice Cakes w/ Wow Butter  Fresh Fruit  2% Milk or Water	Garden Salad w/ Fresh Veggies Homemade Dressing & W.W Croutons 2%Milk or Water	W.W. Pita Pizzas (shredded cheese, sauce) Fresh Veggies or Fruit 2%Milk or Water

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