

Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with Milk
AM Snack	Muffin Fruit	Smoothie Biscuits	Egg & Cheese on English muffin Fruit	Pancakes Fruit	Toast with jam Fruit
Lunch	Chicken fingers Pasta Salad with vegetables Fruit	Assorted sandwiches Veggies & dip Fruit	Mac & cheese Bretons Fruit	Fish & chips Coleslaw Fruit	Hamburgers Cauliflower bites & dip Fruit
PM Snack	Rice cakes Fruit	Cheese & crackers pickles hummus	Loaf Fruit	Pita with chicken dip Cucumbers	Granola bar Fruit

Children in the Infant and Toddler programs will be offered milk with their breakfast and lunch.

Older children will be given a choice between milk and water at breakfast and lunch.

All children will be offered water during morning and afternoon snacks and at regular intervals throughout the day.

Summer Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk
AM Snack	Waffles Fruit	Smoothie Biscuit	Bagels with cream cheese Fruit	Egg Toast with jam	Tea biscuit Fruit
Lunch	Pizza Cucumbers Fruit	Ham & Cheese scones Veggies Fruit	Goulash Veggies Fruit	Hot dogs Salad Fruit	Burrito bowls Naan Fruit
PM Snack	Muffin Fruit	Trail Mix	Loaf Fruit	Apples with wow butter	Ice cream

Children in the Infant and Toddler programs will be offered milk with their breakfast and lunch.
Older children will be given a choice between milk and water at breakfast and lunch.
All children will be offered water during morning and afternoon snacks and at regular intervals throughout the day.

Summer Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk
AM Snack	Smoothie Biscuit	Pancakes Fruit	Toast Cheese Craisins	Egg & cheese on English muffin	Muffin Fruit
Lunch	Assorted sandwiches Salad	Chicken thighs Veggie fried rice	Hamburgers Salad	Mac & Cheese Veggies Bretons	Tortellini with meat sauce Garlic bread
	Fruit	Fruit	Fruit	Fruit	Fruit
PM Snack	Rice cakes Fruit	Yogurt with granola	Loaf Fruit	Granola bar Fruit	Cheese & crackers pickles hummus

Children in the Infant and Toddler programs will be offered milk with their breakfast and lunch.

Older children will be given a choice between milk and water at breakfast and lunch.

All children will be offered water during morning and afternoon snacks and at regular intervals throughout the day.

Summer Menu

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk
AM Snack	Scones Fruit	Mini quiche Fruit	Smoothie Biscuits	Muffin Fruit	Bagels with cream cheese Fruit
Lunch	Chicken Divan Bretons Fruit	Quesadilla Cucumber Fruit	Burrito bowls Naan Fruit	Pulled pork on a bun Coleslaw Fruit	Pizza Veggies & dip Fruit
PM Snack	Apples with wow butter Biscuits	Trail mix Fruit	Loaf Fruit	Veggies & dip Crackers Fruit	Cookies Fruit

Children in the Infant and Toddler programs will be offered milk with their breakfast and lunch.

Older children will be given a choice between milk and water at breakfast and lunch.

All children will be offered water during morning and afternoon snacks and at regular intervals throughout the day.