

HAMILTON • WENTWORTH
Catholic Child Care Centres

MENU - Spring/ Summer

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	AM	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
	PM	Graham Crackers & Unsweetened Applesauce Fresh Fruit 2%Milk or Water	W.W. Crackers & Cheese Cubes Fruit or Veggies 2%Milk or Water	W.W Energy Bites or Squares Fresh Fruit 2%Milk or Water	W.W. Pita w/ Dip Veggies 2%Milk or Water	W.W Tortilla w/ Shredded Cheese & Cucumbers Fresh Fruit 2%Milk or Water
Week 2	AM	Plain Rice Cakes w/ Wow Butter 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 Fresh Fruit 2%Milk or Water	Yogurt w/ Frozen Fruit or Smoothies 2%Milk or Water
	PM	W.W. Tortilla Salsa/ Hummus Veggies 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	W.W Goldfish Crackers Fresh Fruit 2%Milk or Water
Week 3	AM	W.W. Bagels w/ Cream Cheese Fresh Fruit 2%Milk or Water	W.W. Cereal Trail 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
	PM	W.W Crackers w/ Cheese & Fresh Veggies 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. Melba Toast w/ Hummus & Cucumber Slices 2%Milk or Water	W.W. Tortilla Wedges w/ Fruit Salsa 2%Milk or Water
Week 4	AM	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
	PM	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	Bean & Vegetable Salad w/ Homemade Dressing 2%Milk or Water	W.W. Pita Pizzas w/ Fresh Veggies or Fruit 2%Milk or Water

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