

## Before and After Care Snack Menu - rotated in 3 week cycles

### WEEK ONE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	Shreddies w/milk Apples Milk (1%)	Whole Wheat Toast w/ pea butter Oranges Milk (1%)	Whole Wheat English muffins w/low fat cream cheese Apples Milk (1%)	Whole Wheat Toast w/ cinnamon Bananas Milk (1%)	Shreddies w/ Milk Oranges Milk (1%)
<b>Afternoon</b>	Trail Mix (cheerios, shreddies, pretzels, raisins) Apples Milk (1%)	Whole wheat pita w/ tofu spread Oranges Milk (1%)	Saltine crackers (low sodium) w/ cheese cubes Apples Milk (1%)	Graham crackers Bananas Milk (1%)	Whole wheat English muffins w/ cream cheese Oranges Milk (1%)

### WEEK TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	Shreddies w/milk Apples Milk (1%)	Whole Wheat Toast w/ pea butter Oranges Milk (1%)	Whole Wheat Pita muffins w/low fat cream cheese Apples Milk (1%)	Whole Wheat Toast w/ cinnamon Bananas Milk (1%)	Shreddies w/ Milk Oranges Milk (1%)
<b>Afternoon</b>	Graham crackers w/ cheese cubes Apples Milk (1%)	Raisin Bread w/ cream cheese Oranges Milk (1%)	Whole wheat pita w/ tofu spread Apples Milk (1%)	Pea butter on whole wheat bagels Milk (1%)	Whole wheat English muffins w/cream Bananas Milk (1%)

**WEEK THREE**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning</b>	Shreddies w milk (1%) Apples Milk (1%)	Whole w toast with ricotta cheese Oranges Milk (1%)	Whole wheat cinnamon toast Apples Milk (1%)	Whole wheat pita w cream cheese Bananas Milk (1%)	Shreddies w milk (1%) Oranges Milk (1%)
<b>Afternoon</b>	Trail mix(pretzels, high fibre cereals, raisins) Oranges Milk (1%)	Whole wheat pita w/ cream cheese Apples Milk (1%)	Whole wheat bagels w/ apple butter Oranges Milk (1%)	Whole Wheat English Muffins w/ tofu spread Apples Milk (1%)	Graham crackers w/ pea butter Bananas Milk (1%)