

Waterbridge Program Snack Menu Spring/Summer Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal and Milk	Whole Wheat English Muffins with Applesauce	Cheese Biscuits and Sliced Apples	Sliced Bananas with Milk and Home-Made Granola	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Cherry Tomatoes Mac and Cheese Peas Bananas Milk	Carrot Sticks Taco Tuesday! with Veg Ground Round, Cheese and Veggies Plums Milk	Cucumber Slices Greek Salad with Diced Tofu and Toasted Pita Wedges Oranges Milk	Pepper Sticks Butter "Chicken" with Brown Rice Melon Slices Milk	Sugar Snap Peas Chilled Thai Noodle Bowls with Seared Marinated Tofu Apples Milk
Afternoon	Sliced Fresh Fruit and Crunchers	Pizza Crackers	Yoghurt Sundaes with Berries and Crumblies	Nacho Triple Layer Dip and Tortilla Chips	Celery and Carrot Sticks with Dip and Gold Fish Crackers

Morning and Afternoon Snacks are served with Water

Menus subject to change on short notice in order to meet the needs of the programs, or due to ingredient supply. Any change will be posted at the time of the change.

Waterbridge Program Snack Menu Spring/Summer Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal and Milk	Bagels with Cream Cheese	Toaster Pancakes with Berries	Oatmeal	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Red Pepper Sticks Scrambled Eggs Roasted Potatoes Sliced Tomatoes Apples Milk	Cucumber Black Bean and Veggie Burritos with Crackers Banana Milk	Cauliflower Kidney Bean and Veggie Pasta Salad with Caesar Dressing and Melba Toasts Kiwi Milk	Broccoli Quinoa Pizza Bites, Mixed Veggies and Crackers Pineapple Milk	Carrot Sticks Whole Wheat Spaghetti with Veggie Ground Round Tomato Sauce Home Made Bread Pears Milk
Afternoon	Tortilla Chips and Salsa	Frozen Yoghurt Tubes and Graham Crackers	Wowbutter and Jam Whole Wheat Tortilla Rollups	Crackers with Herbed Cream Cheese and Grapes	Popcorn with Apples

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Waterbridge Program Snack Menu Spring/Summer Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal and Milk	Morning Rounds with Applesauce	Whole Wheat Toast and Melon Slices	Greek yoghurt with Berries	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Broccoli Chickpea Parsley Lemon Salad with Pasta and Whole Wheat Melba Apples Milk	Cauliflower Veggie Stir Fry with Rice and Tofu Pineapple Milk	Carrot Sticks Hummus Falafel Wraps and Peppers Pears Milk	Snap Peas Vegan Meatball Bahn Mi and Crackers Oranges Milk	Cucumber Veggie Surprise and Smokey Tofu Pizza Melon Milk
Afternoon	MYO Cucumber and Cream Cheese Sandwiches	Fresh Hummus with Whole Wheat Pita and Carrots	Seasonal Fresh Fruit and Yoghurt Dip	Bananas Rolled in Wowbutter and Rice Krispies	Bits 'n Bites with Oranges

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