

Waterbridge Program

Snack Menu

Fall/Winter Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal and Milk	Whole Wheat English Muffins and Applesauce	Raisin Toast and Butter with Fruit	Bagels with Cream Cheese	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Cherry Tomatoes Mac and Cheese Peas Oranges Milk	Broccoli Cucumber and Cream Cheese Sandwiches with Pita Chips Pineapple Milk	Red Pepper Sticks Quinoa Pizza Bites, Crackers Mixed Veggies Banana Milk	Cauliflower Creamy Pumpkin Soup And Whole Grain Crackers Mixed Fruit Milk	Carrot Sticks Spaghetti with Ground Round Tomato Sauce and Home Made Bread Apples Milk
Afternoon	Carrot Sticks with Dip and Gold Fish Crackers	Popcorn and Orange Slices	Mini Cheddar Apple Cracker Sandwiches	Pretzels and Veg with Cream Cheese Ranch Dip	Fresh Sliced Fruit and Crunchers

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
Fall/Winter Week 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal and Milk	Hot Oatmeal	Whole Wheat English Muffins and Jam	Pita Breaks and Applesauce	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Pepper Sticks Cheese and Black Bean Quesadillas with Steamed Corn Apples Milk	Corn Baked Veggie Fritters With Ranch Dip and Mashed Potato Plums Milk	Green Beans Tofu, Sauteed Veggie and Brown Rice Stir Fry Melon Milk	Tomatoes Lemon Garlic Feta Spinach Pasta with Steamed Peas Pears Milk	Carrots Three Bean Soup with Pasta Oranges Milk
Afternoon	MYO Openface Wowbutter and Jam Sandwiches	Black Bean Nacho Dip and Whole Grain Tortilla Chips	Pizza Crackers	Yoghurt Sundaes with Fruit and Crumbles	Popcorn and Apples

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Waterbridge Program

Snack Menu

Fall/Winter Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal and Milk	Pancakes with Jam	Sliced Bananas with Milk and Home-Made Granola	Hot Oatmeal	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Red Pepper Sticks Scrambled Eggs Roasted Potatoes Sliced Tomatoes Apples Milk	Celery Cheesy Baked Ziti with Veggie Ground Round and Corn Melon Milk	Broccoli Caramelised Carrot Soup and Home Made Bread Plums Milk	Tomatoes Smokey Bean Chili and Crackers Oranges Milk	Cucumber Veggie Surprise Pizza Bananas Milk
Afternoon	Bits 'n Bites with Oranges	Whole Grain Tortilla Chips and Salsa	Seasonal Fresh Fruit and Yoghurt Dip	Make Your Own Tortilla Roll Ups (whole wheat tortillas, hummus and veg)	Sliced Apples and Flavoured Rice Cakes

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