

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 Pasta Primavera with Roasted Kidney Beans Apples Milk
Afternoon	Sliced Fresh Fruit and Crunchers	Fresh Sliced Veg with Dip and Gold Fish Crackers	Yoghurt Sundaes with Berries and Crumblies	Nacho Triple Layer Dip and Tortilla Chips	Shredded Cheese and Sauce MYO Pizza 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	Broccoli Puerto Rican Sofrito Beans and Brown Rice Apples Milk	Cucumber Quinoa Pizza Bites, Mixed Veggies and Crackers Melon Milk	Cauliflower Kidney Bean and Veggie Pasta Salad with Caesar Dressing and Peas Kiwi Milk	Cucumber Veggie Stir Fry with Rice and Tofu Pineapple Milk	Mini Carrots 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 Fresh Fruit	Popcorn with Apples

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 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal and Milk	Morning Rounds with Applesauce	Whole Wheat Toast with Berry Jam	Greek Yoghurt with Berries	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Broccoli Chickpea Parsley Lemon Salad with Pasta and Whole Wheat Melba Apples Milk	Carrot Sticks Egg Sandwiches on Whole Wheat Bread with Pickles Pears Milk	Cauliflower Jamaican Red Beans and Rice with Pepper Sticks Bananas Milk	Snap Peas Black Bean and Veggie Burritos with Crackers Pineapple Milk	Cucumber Vietnamese Bahn Mi with Meatballs and Vegetables Melon Milk
Afternoon	MYO Cucumber and Cream Cheese Sandwiches	Popcorn and Crunchers	Sliced Fresh Fruit and Yoghurt Dip	Bananas Rolled in Wowbutter and Rice Krispies	Bits 'n Bites with Oranges

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.