

Waterbridge Program

Snack Menu

Fall/Winter Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|---|--|--|---|
| Morning | Cereal and Milk | Whole Wheat English Muffins and Applesauce | Sliced Bananas with Milk and Home-Made Granola | Bagels with Cream Cheese | Oat, Yoghurt Muffins Baked From Scratch |
| Lunch | Cherry Tomatoes Mac and Cheese Peas Oranges Milk | Corn Marinated Sesame Tofu Poke Bowls with Cucumber Plums 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 | Fresh Veggies with Dip and Goldfish Crackers | Popcorn and Orange Slices | Mini Cheddar Apple Cracker Sandwiches | Pretzels with Wowbutter and Cranberries | 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 | Broccoli Cucumber and Cream Cheese Sandwiches with Pita Chips Pineapple Milk | Green Beans Tofu, Sauteed Veggies and Brown Rice Stir Fry Melon Milk | Tomatoes Tortellini Marinara with Veggie Ground Round and Steamed Peas Pears Milk | Carrots Vegetable Soup with Cubed Tofu and Potatoes Oranges Milk |
| Afternoon | MYO Openface Wowbutter and Jam Sandwiches | Black Bean Nacho Dip and Whole Grain Tortilla Chips | Shredded Cheese and Marinara Sauce MYO 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 Maple Syrup | Raisin Toast and Butter | Hot Oatmeal | Oat, Yoghurt Muffins Baked From Scratch |
| Lunch | Pepper Sticks Scrambled Eggs Roasted Potatoes Sliced Tomatoes Apples Milk | Celery Cheesy Baked Ziti with Veggie Ground Round and Corn Bananas Milk | Broccoli Caramelised Carrot Soup and Home Made Bread Plums Milk | Tomatoes Smokey Bean Chili and Crackers Oranges Milk | Cucumber Veggie Surprise Pizza Melon Milk |
| Afternoon | Bits 'n Bites with Oranges | Taco Tuesday!!! | Seasonal Fresh Fruit and Wowbutter | Whole Grain Tortilla Chips and Salsa | Sliced Apples and Flavoured Rice Cakes |

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