

# Waterbridge Program

## Snack Menu

### Fall/Winter Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal and Milk	Whole Wheat English Muffins and Applesauce	Bagels with Cream Cheese	Raisin Toast and Butter with Fresh Fruit	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Cherry Tomatoes Mac and Cheese with Whole Grain Pasta and Corn Oranges Milk	Broccoli Cucumber and Cream Cheese Sandwiches with Pita Chips Pineapple Milk	Pepper Sticks Quinoa Pizza Bites, Crackers Mixed Veggies Banana Milk	Green Beans Butter "Chicken" (Tofu) on Brown Rice with Steamed Peas Mixed Fruit Milk	Carrot Sticks Spaghetti with Veggie Ground Round Tomato Sauce and Home Made Bread Apples Milk
Afternoon	Fresh Veggies with Yoghurt Dip and Gold Fish Crackers	Popcorn and Orange Slices	Fresh Sliced Fruit and Crunchers	Pretzels and with Cream Cheese Ranch Dip	Mini Cheddar Apple Cracker Sandwiches

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	Home-Made Granola with Sliced Bananas and Milk	Pita Breaks and Applesauce	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Pepper Sticks Cheese and Black Bean Quesadillas with Steamed Broccoli Melon Milk	Green Beans Tofu, Sautéed Veggies and Brown Rice Stir Fry Apples Milk	Corn Taco Boats Ground Round Stuffed Zucchini with Seasoned Potatoes Plums Milk	Tomatoes Lemon, Garlic, Feta, Spinach Pasta with Steamed Peas Pears Milk	Cauliflower Creamy Tomato Soup (with Greek yoghurt) and Wholegrain Crackers Oranges Milk
Afternoon	Popcorn and Apples	Black Bean Nacho Dip and Wholegrain Tortilla Chips	Bananas, Rice Cakes and Wowbutter	MYO Pizza Crackers Shredded Cheese and Marinara Sauce	Yoghurt Sundaes with Fruit and Crumbles

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## Snack Menu

### Fall/Winter Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal and Milk	Pancakes with Jam	Make Your Own Cinnamon Toast	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  Melon  Milk	Broccoli  Caramelised Carrot Soup (with Greek yoghurt) and Home Made Bread  Plums  Milk	Tomatoes  Smokey Four Bean Chili and Crackers  Oranges  Milk	Cucumber  Veggie and Tofu Pizza with Steamed Cauliflower  Bananas  Milk
Afternoon	Bits 'n Bites with Oranges	Sliced Apples and Flavoured Rice Cakes	Fresh Fruit and Graham Crackers	Whole Grain Tortilla Chips and Salsa	Make Your Own Fajita!  (whole wheat tortillas, shredded cheese, veggie ground round and veg)

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