

Waterbridge Program

Summer (COVID-19 version)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Oatmeal	Whole Wheat English Muffins with Applesauce	Waffles with Bananas	Fruity Morning Rounds	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Tomatoes Whole Wheat Mac and Cheese with Steamed Peas Oranges Milk	Carrot Sticks Greek Salad with Diced Tofu and Feta Toasted Pita Wedges Plums Milk	Red Pepper Sticks Quinoa Pizza Bites with Mixed Veggies and Crackers Pineapple Milk	Broccoli Egg Salad Sandwiches on Whole Wheat Bread and Pickles Bananas Milk	Cauliflower Black Bean and Cheese Quesadillas with Snap Peas Peaches Milk
Afternoon	Yoghurt Cups and Pretzels	Sliced Fruit and Mini Rice Cakes	MYO Nachos! Whole Grain Tortilla Chips, Salsa, Cheese	Bits 'n Bites with Fresh Fruit	Ice Cream 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.