



Mothercraft Menu



Week One


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Fruit smoothies and croissants Milk	Cereal and fresh fruit Milk 	Waffles and fresh fruit Milk	Oatmeal and berries Milk	Bagels with Wow Butter/Jam/cream cheese and fresh fruit Milk
PM Apples and cheese with melba toast	Pita and tzatziki Vegetables	Fresh fruit plate with yogurt dip and Graham Crackers	 Veggies, dip, and Crackers	Corn chips and salsa with veggies or fruit



Mothercraft Menu



Week Two

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Raisin bread & Apple Sauce Milk	Cereal and fresh fruit Milk	Waffles & fresh fruit Milk	Oatmeal and berries Milk 	Bagels with Wow Butter/ Jam/cream cheese and fresh fruit Milk
PM Bits and Bites and apple slices	Tortillas and tzatziki Vegetables	Fresh fruit plate with Arrowroot cookies and cream cheese	Veggies, cheese & crackers	Caesar Salad with croutons & bread sticks 