

Waterbridge Program

Snack Menu

Fall/Winter Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal and Milk	Mini Croissants 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 Veggie Burgers with Romaine, Tomatoes and Pickles 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 and Toppings	English Muffins, Spreads and Fresh Fruit	Waffles, Honey and Bananas	Pita Breaks and Applesauce
Lunch	Pepper Sticks Cheese and Black Bean Quesadillas with Steamed Broccoli Melon Milk	Green Beans "Meat" balls with Plum Sauce and Mashed Potatoes Apples Milk	Cucumber Crescent Roll Samosas with Yoghurt Dip and Carrots Plums Milk	Tomatoes Fettuccini Alfredo with Tofu and Steamed Peas Pears Milk	Cauliflower Creamy Tomato Soup (with Greek yoghurt) and Homemade Bread Oranges Milk
Afternoon	Veggie Straws and Apples	Black Bean Nacho Dip and Wholegrain Tortilla Chips	Yoghurt Sundaes with Fruit and Crumbles	MYO Pizza Crackers Shredded Cheese and Marinara Sauce	Trail Mix and Fresh Fruit

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Waterbridge Program

Snack Menu

Fall/Winter Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal and Milk	Pancakes with Jam	Make Your Own Sparkle Toast	Hot Oatmeal and Fruit	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	Veggie Roll Ups with Hummus Dip	Whole Grain Tortilla Chips Cheese and Salsa	Fresh Fruit and Graham Crackers

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