

Waterbridge Program

Snack Menu

Spring/Summer Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal and Milk	Whole Wheat English Muffins with Applesauce	Bagels and Cream Cheese	Waffles with Honey and Berries	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Cherry Tomatoes Mac and Cheese Peas Bananas Milk	Carrot Sticks Taco Tuesday! with Veg Ground Round, Cheese and Veggies Plums Milk	Sugar Snap Peas Greek Salad with Diced Tofu and Toasted Pita Wedges Oranges Milk	Pepper Sticks Wowbutter and Banana Sandwiches with Celery Sticks Melon Slices Milk	Cucumber Cheesy Quiche with Broccoli and Crackers Apples Milk
Afternoon	Sliced Fresh Fruit and Crunchers	Fresh Sliced Veg with Dip and Gold Fish Crackers	Yoghurt Sundaes with Berries and Crumblies	Shredded Cheese and Sauce MYO Pizza Crackers	English Muffins And Wowbutter

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 Spring/Summer Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal and Milk	Sparkle Toast with Fresh Fruit	Toaster Pancakes with Berries	Oatmeal	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Broccoli Veggie Burgers with Tomato, Lettuce and Side Salad Apples Milk	Cucumber Quinoa Pizza Bites, Mixed Veggies and Breadsticks Melon Milk	Cauliflower Kidney Bean and Veggie Pasta Salad with Caesar Dressing and Peas Kiwi Milk	Cucumber Veggie Stir Fry with Rice and Tofu Pineapple Milk	Mini Carrots Whole Wheat Spaghetti with Veggie Ground Round Tomato Sauce Home Made Bread Pears Milk
Afternoon	Tortilla Chips and Salsa	Popcorn with Apples	Wowbutter and Jam Whole Wheat Tortilla Rollups	Bagels and Cream Cheese with Fresh Fruit	Frozen Yoghurt Tubes and Graham Crackers

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Waterbridge Program Snack Menu Spring/Summer Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal and Milk	Morning Rounds with Applesauce	Whole Wheat Toast with Berry Jam	Greek Yoghurt with Berries	Oat, Yoghurt Muffins Baked From Scratch
Lunch	Broccoli Chickpea and Pesto Pasta Salad and Whole Wheat Melba Apples Milk	Cauliflower Egg Sandwiches on Whole Wheat Bread with Grated Carrot Salad and Pickles Pears Milk	Carrot Sticks Jamaican Red Beans and Rice with Pepper Sticks Bananas Milk	Snap Peas Black Bean and Veggie Burritos with Tortilla Chips and Salsa Pineapple Milk	Cucumber Veggie Dogs with Whole Wheat Buns and Veggies with Dip Melon Milk
Afternoon	MYO Cucumber and Cream Cheese Sandwiches	Bits 'n Bites with Fresh Slice Fruit	Bananas Rolled in Wowbutter and Rice Krispies	Sliced Fresh Fruit and Yoghurt Dip	Ice Cream Sandwiches/ Popsicles and Fruit

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