

MENU September 09 – 13, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EARLY SNACK	Whole Grain Cereal & Seasonal Fruit Water/Milk	Digestive Cookies & Seasonal Fruit Water/Milk	Rice Krispies & Seasonal Fruit Water/Milk	Kellogg's Corn Flakes & Seasonal Fruit Water/Milk	Rice Krispies & Seasonal Fruit Water/Milk
AM SNACK	Oatmeal Porridge & Seasonal Fruit Water/Milk	Pancakes & Seasonal Fruit Water/Milk	Banana Bread & Seasonal Fruit Water/Milk	Multi-Grain Toast w/Jam & Seasonal Fruit Water/Milk	French Toast & Seasonal Fruit Water/Milk
LUNCH	Pasta w/Meatballs & Seasonal Fruit Water/Milk	Pesto Spanish Rice w/Tofu & Seasonal Fruit Water/Milk	'CELEBRATION OF <u>SCOTTISH CULTURE</u> ' Cock-A-Leekie Stew & Seasonal Fruit Water/Milk	Quesadillas & Seasonal Fruit Water/Milk	Perogies w/Broccoli & Seasonal Fruit Water/Milk
PM SNACK	Digestive Cookies & Seasonal Fruit Water/Milk	Carrot Muffins & Seasonal Fruit Water/Milk	Multi-Grain Biscotti & Seasonal Fruit Water/Milk	Multigrain Crackers & Fruit Sauce Water/Milk	Quinoa Bread w/Butter & Seasonal Fruit Water/Milk
LATE SNACK	Crackers & Cheese Cubes Water/Milk	Cheese Crackers & Seasonal Fruit Water/Milk	Nachos & Seasonal Fruit Water/Milk	Fruit Sauce Water/Milk	Cheese Chunks & Assorted Fruit Water/Milk



Please Note: Veg options are available as well.

