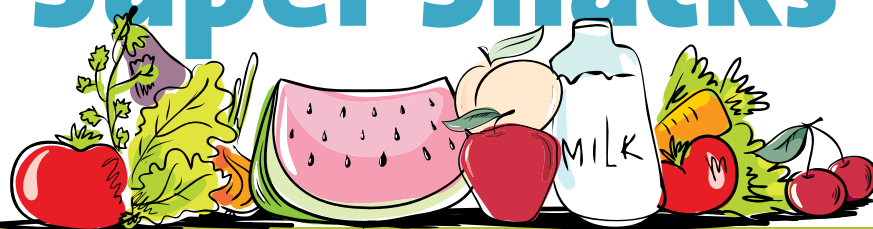







kidco
Community
Child Care Centres


Super Snacks



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<ul style="list-style-type: none"> > Groovy Granola > Apple Slices 	<ul style="list-style-type: none"> > Whole Wheat English Muffin > Wow Butter 	<ul style="list-style-type: none"> > Whole Grain Cereal > Watermelon Wedges 	<ul style="list-style-type: none"> > Whole Wheat Bagel > Cream Cheese 	<ul style="list-style-type: none"> > Bouncy Blueberry Loaf > Bashful Banana
	> Milk	> Milk	> Milk	> Milk	> Milk
PM	<ul style="list-style-type: none"> > Rice Puffs > Fruit Spread 	<ul style="list-style-type: none"> > Yummy Yogurt > Melon Munchies 	<ul style="list-style-type: none"> > Banana Bread > Orange Sections 	<ul style="list-style-type: none"> > Trail Mix > Awesome Applesauce 	<ul style="list-style-type: none"> > Happy Hummus > Bread Sticks

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<ul style="list-style-type: none"> > Whole Grain Cereal > Watermelon Wedges 	<ul style="list-style-type: none"> > Raisin Toast > Melon Munchies 	<ul style="list-style-type: none"> > Whole Wheat Pancake > Fruit Spread 	<ul style="list-style-type: none"> > Groovy Granola > Orange Sections 	<ul style="list-style-type: none"> > Cute Carrot Muffin > Apple Slices
	> Milk	> Milk	> Milk	> Milk	> Milk
PM	<ul style="list-style-type: none"> > Dilly Dip > Carrot Coins 	<ul style="list-style-type: none"> > Trail Mix > Awesome Applesauce 	<ul style="list-style-type: none"> > Oatmeal Cookie > Bashful Banana 	<ul style="list-style-type: none"> > Cheery Cheese > Whole Wheat Crackers 	<ul style="list-style-type: none"> > Whole Wheat Pita > Cream Cheese > Cucumber Coins

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<ul style="list-style-type: none"> > Groovy Granola > Apple Slices 	<ul style="list-style-type: none"> > Whole Wheat English Muffin > Wow Butter 	<ul style="list-style-type: none"> > Oaty Oatmeal > Watermelon Wedges 	<ul style="list-style-type: none"> > Whole Wheat Bagel > Cream Cheese 	<ul style="list-style-type: none"> > Whole Grain Cereal > Bashful Banana
	> Milk	> Milk	> Milk	> Milk	> Milk
PM	<ul style="list-style-type: none"> > Rice Puffs > Fruit Spread 	<ul style="list-style-type: none"> > Banana Bread > Melon Munchies 	<ul style="list-style-type: none"> > Happy Hummus > Bread Sticks 	<ul style="list-style-type: none"> > Trail Mix > Awesome Applesauce 	<ul style="list-style-type: none"> > Yummy Yogurt > Orange Sections

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<ul style="list-style-type: none"> > Whole Grain Cereal > Apple Slices 	<ul style="list-style-type: none"> > Whole Wheat Pancake > Fruit Spread 	<ul style="list-style-type: none"> > Groovy Granola > Bashful Banana 	<ul style="list-style-type: none"> > Raisin Toast > Orange Sections 	<ul style="list-style-type: none"> > Brilliant Bran Muffin > Watermelon Wedges
	> Milk	> Milk	> Milk	> Milk	> Milk
PM	<ul style="list-style-type: none"> > Dilly Dip > Carrot Coins 	<ul style="list-style-type: none"> > Oatmeal Cookie > Melon Munchies 	<ul style="list-style-type: none"> > Cheery Cheese > Whole Wheat Crackers 	<ul style="list-style-type: none"> > Trail Mix > Awesome Applesauce 	<ul style="list-style-type: none"> > Whole Wheat Pita > Cream Cheese > Cucumber Coins

