

# Centre 24/7 Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Cinnamon Raisin Bread	Cold Cereal	English Muffins	Waffles	Jam Sandwiches
	Fruit / Cheese	Cinnamon Apples	Unsweetened Applesauce	Fruit	Cheese
	Water	Milk	Milk	Milk	Water
PM	Slider Buns / Pickles	P.C. Penguins	Crackers	Chewy Granola Bars	Rice Cakes
	Flakes of Chicken	Fruit	Cheese	Fruit Source Mini Bites	Yogurt
	Juice	Milk	Vegetables / Water	Milk	Juice

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM	WW Toast	Fruit Cocktail	Cereal	Yogurt	WW Bagels
	Yogurt	Graham Crackers	Fruit / Milk	Arrowroot	Canned Peaches
	Juice	Milk	Water	Juice	Milk
PM	Rice Cakes	Cereal Bars	WW Pita Bread	Veggie Wrap	Trail Mix
	Veggies / Cheese	Fruit	Diced Apple / Applesauce	Cucumbers Cream Cheese	Fruit / Cheese
	Water	Strawberry Milk	Milk	Milk	Water

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Graham Crackers	Granola Bars	Cold Cereal	Cheese Sandwich	Cereal Bars
	Fruit Cup	Oranges	Milk	Fruit	Cheese
	Milk	Milk	Fruit	Choc. Milk	Juice
PM	Crackers	Crispy Baguettes	No Bake Pizza / English Muffin	WW Tortilla Chips	Pretzels
	Cheese / Pickles	Veggies / Dip	Shredded Cheese / Sauce	Salsa / Cheese	Applesauce
	Juice	Milk	Juice	Juice	Milk

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Bagels / Jam	Frozen Yogurt Tubes	Cereal	Fruit Smoothie	Cinnamon Bread
	Cheese	Dry Cereal	Fruit Salad	Frozen Fruit / Yogurt / Milk	Fruit
	Juice	Juice	Milk	Graham Cracker	Milk
PM	Animal Crackers	Rice Cakes	Crackers	Cereal Bars	Cracker Pizza
	Fruit	Fruit	Cheese / Pickles	Fruit	Sauce / Cheese
	Milk	Milk	Juice	Strawberry Milk	Juice