



MON TUES WED THURS FRI



January 13th

AM SNACK: Fresh Fruit + Cereal + Milk / FRIDAY: Challah + Grape Juice + Cream Cheese

Blueberry Scone Tomatoes Milk or Water	Cream Cheese Mini Bagel + Tomatoes Milk or Water	Pea Butter Wrap Milk or Water	Fresh Fruit Crackers Milk or Water	Yogurt Blueberries Granola
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WEEK 1

January 20th

AM SNACK: Fresh Fruit + Cereal + Milk / FRIDAY: Challah + Grape Juice + Cream Cheese

Cran-Oat Cookie Tomatoes Milk or Water	Quinoa Puffs Applesauce Milk or Water	Hummus Pita & Veggies Milk or Water	Fresh Fruit Crackers Milk or Water	Yogurt Blueberries Granola
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WEEK 2

January 27th

AM SNACK: Fresh Fruit + Cereal + Milk / FRIDAY: Challah + Grape Juice + Cream Cheese

Apple Muffin Tomatoes Milk or Water	Cream Cheese Mini Bagel + Blueberries Milk or Water	Pea Butter Pita Milk or Water	Fresh Fruit Crackers Milk or Water	Yogurt Blueberries Granola
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WEEK 3

January 6th

AM SNACK: Fresh Fruit + Cereal + Milk / FRIDAY: Challah + Grape Juice + Cream Cheese

Crispy Carrot Cookie Tomatoes Milk or Water	Rice Crackers Applesauce Milk or Water	Hummus Wrap & Veggies Milk or Water	Fresh Fruit Crackers Milk or Water	Yogurt Blueberries Granola
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WEEK 4

Ages 1 to 2 yrs: 3.25% milk | 2+ yrs: 2% milk - provided with each meal by the Centre and is Kosher (not Cholov Yisroel) | All bread, rice, pasta and pancakes are whole grain

- LOCALLY SOURCED FIRST**
- KOSHER MEAT AND DAIRY**
Cholov Yisroel
- C.C.E.Y.A COMPLIANT**
- BACKGROUND CHECKS**
for additives and preservatives
- COMPLETELY NUT FREE**
- FOOD KIDS LOVE!**
full nutrition for healthy, growing kids
- CULTURALLY DIVERSE MEALS**
globally inspired
- QUALITY, WHOLE FOODS**
Only whole grains
- ALLERGY ALTERNATIVES**
- DIETICIAN REVIEWED MENU**
- MENU VARIABILITY**
monthly rotations with seasonal features

Gan Yeladim
AM + PM
Snack Menu

January
2020



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