



MON TUES WED THURS FRI



March 9th	AM SNACK: Fresh Fruit + Cereal + Milk / FRIDAY: Challah + Grape Juice + Cream Cheese					WEEK 1
	Yogurt Blueberries Granola	Fresh Fruit Rice Crackers Milk or Water	Blueberry Scone Cucumber Milk or Water	Pea Butter Wrap Milk or Water	Cream Cheese Mini Bagel + Tomatoes Milk or Water	

March 16th	AM SNACK: Fresh Fruit + Cereal + Milk / FRIDAY: Challah + Grape Juice + Cream Cheese					WEEK 2
	Yogurt Blueberries Granola	Fresh Fruit Crackers Milk or Water	Cran-Oat Cookie Cucumber Milk or Water	Apple Butter Wrap Milk or Water	Quinoa Puffs Applesauce Milk or Water	

March 23th	AM SNACK: Fresh Fruit + Cereal + Milk / FRIDAY: Challah + Grape Juice + Cream Cheese					WEEK 3
	Yogurt Blueberries Granola	Fresh Fruit Rice Crackers Milk or Water	Apple Muffin Cucumber Milk or Water	Pea Butter Pita Milk or Water	Cream Cheese Mini Bagel + Tomatoes Milk or Water	

March 2nd & March 30th	AM SNACK: Fresh Fruit + Cereal + Milk / FRIDAY: Challah + Grape Juice + Cream Cheese					WEEK 4
	Yogurt Blueberries Granola	Fresh Fruit Crackers Milk or Water	Crispy Carrot Cookie Cucumber Milk or Water	Hummus Pita & Carrots Milk or Water	Graham Crackers Applesauce Milk or Water	

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*



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