



Gan Yeladim

AM + PM
Snack Menu

September
2020



@AlphabetKidsInc

MON TUES WED THURS FRI



Sept. 21st	PM 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	

August 31st & Sept. 28th	PM SNACK: Fresh Fruit + Cereal + Milk / FRIDAY: Challah + Grape Juice + Cream Cheese					WEEK 2
	Yogurt Blueberries Granola	Fresh Fruit Rice Crackers Milk or Water	Cran-Oat Cookie Cucumber Milk or Water	Apple Butter Wrap Milk or Water	Quinoa Puffs Applesauce Milk or Water	

Sept. 7th Oct 5th	PM 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	

Sept. 14th	PM SNACK: Fresh Fruit + Cereal + Milk / FRIDAY: Challah + Grape Juice + Cream Cheese					WEEK 4
	Yogurt Blueberries Granola	Fresh Fruit Rice 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



BACKGROUND CHECKS
for additives and preservatives



CULTURALLY DIVERSE MEALS
globally inspired



DIETICIAN REVIEWED MENU



KOSHER MEAT AND DAIRY
Cholov Yisroel



COMPLETELY NUT FREE



QUALITY, WHOLE FOODS
Only whole grains



C.C.E.Y.A COMPLIANT



FOOD KIDS LOVE!
full nutrition for healthy, growing kids



ALLERGY ALTERNATIVES



MENU VARIABILITY
monthly rotations with seasonal features