



Gan Yeladim

AM + PM  
Snack Menu

December  
2020



@AlphabetKidsInc

MON TUES WED THURS FRI



Dec 14th

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

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

Dec 21st

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

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
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WEEK 2

Dec 28th

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

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

Dec 7th & Jan 4th

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

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
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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



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

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