



MON TUES WED THURS FRI



August 23rd

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 + Jam  
Wrap  
Milk or Water

WEEK 1

August 30th

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

Fresh Fruit  
Rice Crackers  
Milk or Water

Yogurt  
Blueberries  
Granola

Cran-Oat Cookie  
Cucumber  
Milk or Water

Apple Butter  
Wrap  
Milk or Water

Graham Crackers  
Applesauce  
Milk or Water

WEEK 2

August 9th  
& Sept. 6th

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 + Jam  
Pita  
Milk or Water

WEEK 3

August 16th

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

Hummus  
Pita & Carrots  
Milk or Water

Graham Crackers  
Applesauce  
Milk or Water

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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Gan Yeladim

AM + PM  
Snack Menu

August  
2021