



MON TUES WED THURS FRI



Sept 20th

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

Yogurt  
Blueberries  
Granola

Oatmeal Cookie  
Fresh Fruit  
Milk or Water

Banana Muffin  
Cucumber  
Milk or Water

Cream Cheese  
Bagel + Tomato  
Milk or Water

Pea Butter + Banana  
Rice Cakes  
Milk or Water

WEEK 1

Sept 27th

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

Yogurt  
Blueberries  
Granola

Carrot Muffin  
Fresh Fruit  
Milk or Water

Apple Current Flat  
Cucumber  
Milk or Water

Rice Cake  
Hummus + Veggies  
Water

Fruit Compote  
Graham Crackers  
Milk or Water

WEEK 2

Sept 6th

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

Yogurt  
Blueberries  
Granola

Protein Bite  
Fresh Fruit  
Water

Apple Muffin  
Cucumber  
Milk or Water

Cream Cheese  
Triscuits + Olives  
Water

Peabutter + Fruit  
Compote Wrap  
Water

WEEK 3

Sept 13th

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

Yogurt  
Blueberries  
Granola

Cereal Bar  
Fresh Fruit  
Milk or Water

Blueberry Scone  
Cucumber  
Milk or Water

Hummus + Pita  
Carrots  
Water

Cottage Cheese  
Triscuits  
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



@AlphabetKidsInc

clientcare@alphabetkids.ca | 416.606.1074 | alphabetkids.ca