



MON TUES WED THURS FRI



Oct 18th

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

Oatmeal Cookie
Fresh Fruit
Milk or Water

Yogurt
Blueberries
Granola

Banana Muffin
Cucumber
Milk or Water

Cream Cheese
Mini Bagel + Tomatoes
Milk or Water

Pea Butter + Jam
Rice Cake
Milk or Water

WEEK 1

Oct 25th

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

Carrot Muffin
Fresh Fruit
Milk or Water

Yogurt
Blueberries
Granola

Apple Current Flat
Cucumber
Milk or Water

Hummus
Rice Cake
Milk or Water

Graham Crackers
Fruit Compote
Milk or Water

WEEK 2

Oct 4th

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

Protein Bite
Fresh Fruit
Milk or Water

Yogurt
Blueberries
Granola

Apple Muffin
Cucumber
Milk or Water

Cream Cheese
Mini Bagel + Tomatoes
Milk or Water

Pea Butter + Fruit
Compote in a Pita
Milk or Water

WEEK 3

Oct 11th

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

Cereal Bar
Fresh Fruit
Milk or Water

Yogurt
Blueberries
Granola

Blueberry Scone
Cucumber
Milk or Water

Hummus
Pita & Carrots
Milk or Water

Cheese
Crackers
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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