 Appleseed Child Care Centre

**BEFORE AND AFTER SCHOOL MENU**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** |
| Morning Snack | - Whole Wheat Toast with Margarine(1/2 piece per child)- Applesauce(1/2 cup per child)- Milk (1/2 cup per child) | - Multi-Grain Cheerios Cereal (30 g = 3/4 cup per child) - Fresh Seasonal or Canned Fruit(1/2 cup per child)- Milk(1/2 cup per child) | - Whole Wheat Waffles(1/2 waffle per child)- Yogurt(1/2 cup per child) - Fresh Seasonal or Canned Fruit (1/2 cup per child) | - Whole Grain English Muffins with Jam(1/2 muffin per child) - Fresh Seasonal or Canned Fruit(1/2 cup per child)- Milk (1/2 cup per child) | - Multi-Grain Cheerios Cereal (30 g = 3/4 cup per child) - Fresh Seasonal or Canned Fruit(1/2 cup per child)- Milk(1/2 cup per child) | - Toasted Whole Wheat Bagels with Cream Cheese(1/2 bagel per child)- Fresh Seasonal or Canned Fruit(1/2 cup per child) - Milk(1/2 cup per child) |
| Afternoon Snack | - Whole Wheat Naan Bread served with Salsa dip(1/2 c per child)- Cheese Cubes(25 g. = ¼ per child)- Carrots(1/4 cup per child) | - Whole Wheat Crackers (18 g = 1/3 cup per child)- Apple Slices (1/2 c per child)- Cheese Cubes(25 g. = ¼ per child) | - Oatmeal Cookies (2 cookies per child)- Fresh Seasonal or Canned Fruit (1/2 cup per child) | - Goldfish Crackers (30g = 1/2 cup per child)- Cucumbers and Carrots (1/4 cup per child) | -Whole Wheat Crackers (18 g = 1/3 cup per child)-Apple Slices (1/2 cup per child)-Cheese Cubes(25 g. = ¼ per child) | - Bananas (1/2 cup per child)- Whole Wheat Bread Sticks (18g = 1/3 cup per child)-Yogurt(1/2 cup per child) |

\*Seconds are always available to children. Serving sizes are the minimum amounts of food made available for each child.

\*\*Water is served with every meal and snack.

Revised: September 2024