 Appleseed Child Care Centre

**BEFORE AND AFTER SCHOOL MENU**

|  |  |  |  |  |  |  |
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|  | **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