

SCHOOL AGE / KINDERGARTEN BREAKFAST AND SNACK MENU

FALL/WINTER

WEEK ONE	BREAKFAST	AFTERNOON SNACK
MONDAY	Cold cereal WW/WG toast/Butter/★Wow butter Water ★Milk ■ <u>Banana</u>	Tuna/Chicken Mini Sandwich (○WW/WG crackers, ★light tuna/chicken, ■lettuce, ★hummus, mayo/mustard) Water
TUESDAY	Yogurt Parfait (◆yogurt, ■mixed berries) Apple Cinnamon Bites (○Oats, ★Wow Butter, ■apple, maple syrup) Water ★Milk	Fruit/Veggie Salad (■Spinach, ■romaine, ■pear, ■lettuce, ■carrot, ■tomato) Salad dressing ★Grated parmesan WW/WG mini pita, Water
WEDNESDAY	Cold cereal WW/WG English muffin/Butter/★NoNut butter Water ★Milk ■ <u>Apple slices</u>	★Cottage cheese/Mozzarella cheese ■Cantaloupe chunks WW Melba toast/crackers Water
THURSDAY	Cold cereal Breakfast Burrito (Naan, ■yellow pepper strips, ★Swiss Cheese) Water ★Milk ■ <u>Pears</u>	Raw Veggies ■ <u>Red Pepper</u> , ■ <u>Cucumber</u> , ■ <u>Broccoli</u> Zippy Dip (★hummus, salsa, ★Greek yogurt) WW/WG crackers Water
FRIDAY	Cold cereal Pancakes/Butter/maple syrup Water ★Milk ■ <u>Clementines</u>	Veggie and Mixed Bean Pita (○WW/WG pitas, ■lettuce, ■carrot, ■tomato, ★mixed beans) Water

■ Vegetables and Fruit

○ Grain (WW is Whole Wheat, WG is Whole grain)

★ Protein

Cold Cereals:

1. Spoon Size Shredded Wheat
2. Oatmeal Squares
3. Weetabix
4. Multigrain Cheerios
5. Brown Rice, Rice Krispies
6. Bran Flakes

Substitutes for food allergies/restriction are accommodated

★ Wow butter is nut free and soy based
(please see Program Director for further information and literature)

★ NoNut butter is nut free and pea based
(please see Program Director for further information and literature)

COMPLETE EACH "BLANK LINE" DAILY WITH A FRUIT OR VEGETABLE.

POST THE CURRENT WEEK AND UPCOMING WEEKS MENU IN EACH PROGRAM.

KEEP COMPLETED MENUS ON SITE UNTIL THE YEAR END.

* PLASP collaborates with registered dieticians and uses the [Student Nutrition Program guidelines](#) to develop standard menus for all of our programs