



Appleaseed Child Care Centre

BEFORE AND AFTER SCHOOL MENU

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Morning Snack	-Whole Grain Oatmeal (3/4 c per child) -Milk (1/2 c per child) -Fresh Seasonal or Canned Fruit (1/2 cup per child)	-Multi-Grain Cheerios Cereal (30 g = 3/4 c per child) -Fresh or Canned Peaches (1/2 cup per child) -Milk (1/2 cup per child)	-Whole Wheat Toast with Margarine (1/2 piece per child) -Applesauce (1/2 cup per child) -Milk (1/2 cup per child)	-Whole Grain English Muffins with Wow Butter (1/2 muffin per child) -Fresh or Canned Oranges, Clementines, or Mandarins (1/2 cup per child) -Milk (1/2 c 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)	-Yogurt (1 c per child) -Whole Wheat Waffles (1/2 Waffle per child) -Cantaloupe (1/2 cup per child)
Afternoon Snack	-Whole Wheat Flat Bread with Cream Cheese (18 g = 1/3 c per child) -Cucumbers and Carrots (1/4 cup per child)	-Bananas (1/2 c per child) -Whole Wheat Bread Sticks (18 g = 1/3 c per child) -Yogurt (1/2 cup per child)	-Whole Wheat Naan Bread served with Salsa dip (1/2 c per child) -Cheese Cubes (25 g. = 1/4 per child) -Carrots (1/4 c per child)	-Whole Wheat Crackers (18 g = 1/3 c per child) -Tomato Soup (1/2 c per child)	-Chicken Vegetable Noodle Soup (1/2 c per child) -Whole Wheat Crackers (18 g = 1/3 c per child)	-Apples (1/2 c per child) -Whole Wheat Crackers (18 g = 1/3 c per child) -Cheese Cubes (25 g. = 1/4 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 20, 2019