



St. John's Nursery School- Snack Menu ^{v2}

Fall Menu (September through December)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	AM Cereal Trail Mix (Shreddies/Crispix/ Cheerios)	Broccoli/Cauliflower Rice Crisps Baba Ghanoush Dip	Apple Cinnamon Bars Apple Slices	Cucumbers Whole Wheat Mini Pitas	Gluten Free Crackers Mozzarella Cheese Cubes
	PM Bananas	Cucumber	Apple Slices	Whole Wheat Mini Pitas	
Week 2	AM Multi Grain Crackers Zucchini Salsa	Made Good Granola Bars Orange Slices	Peppers Melba Toast Hummus	Pear Slices Arrowroot Cookies	Variety Friday (An assortment of snacks from week 1 and 2)
	PM Multi Grain Crackers	Made Good Granola Bars	Peppers	Pear Slices	
Week 3	AM Mini Whole Wheat Bagels Apple Butter Apple Slices	Mini Pitas Bean Salad (Black beans, red kidney beans, chickpeas)	Gluten Free Crackers Mozzarella Cheese Cubes	Frozen Peaches Cottage Cheese	Cereal Trail Mix (Shreddies/Crispix/ Cheerios) Honeydew Melon
	PM Mini Whole Wheat Bagels	Bananas	Cucumbers	Apple Slices	
Week 4	AM Rice Rolls Pear Slices	Gluten Free Multigrain Crackers Cheese Cubes Pickles	Frozen Berries Plain Yoghurt	Peppers Melba Toast Hummus	Variety Fridays (An assortment of snacks from week 3 and 4)
	PM Pear Slices	Carrots	Bananas	Peppers	

*Water is available for the children to drink

*As per our Ministry of Education License: one snack and one meal is required. PM Snack is optional and therefore only 1 food group offered.