

**BALMY BEACH COMMUNITY DAY CARE CENTRE**  
**FDK MENU**

**MENU FOR THE WEEK OF: \_\_\_\_\_(1)**

(Note: peanut/nut restrictions due to allergies – birthdays are celebrated with Chapman's peanut/nut free ice cream or popsicles)

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8 AM SNACK</b> <small>*EVERYDAY FOR FDK AND ON NON INSTRUCTIONAL DAYS FOR SCHOOL AGE</small>	Low fat plain yogurt with homemade granola and drizzle of honey & Frozen blueberries Water	Toasted whole wheat English muffins with strawberry jam, red grapefruit/orange slices Water	Shreddies & Multigrain Cheerios with 2% milk Frozen raspberries  Water	Whole wheat crackers with cheddar slices and apple wedges  Water	Shreddies & Multigrain Cheerios with 2% milk Apple & orange slices  Water
<b>3 PM SNACK</b>	Assorted cheese slices with low sodium Triscuit crackers Apple wedges Water	Unsweetened apple sauce with Arrowroot cookies Apple slices  Water	Homemade nachos with salsa and shredded cheese Cucumber and carrot sticks Water	Toasted whole grain bagels with soy butter Bananas chunks  Water	Mini whole wheat pita with hummus & tzatziki Cherry tomatoes & yellow pepper slices Water
<b>5 PM SNACK</b>	Baby carrots Hummus  Water	Banana chunks with Soy butter  Water	Orange slices Graham crackers  Water	Cucumber slices Whole wheat crackers Water	Whole grain melba toast Pear slices Water

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**MENU FOR THE WEEK OF: \_\_\_\_\_(2)**

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	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8 AM SNACK</b> <small>*EVERYDAY FOR FDK AND ON NON INSTRUCTIONAL DAYS FOR SCHOOL AGE</small>	Shreddies & Multigrain Cheerios cereals with 2% milk Fresh strawberries & mango Water	2% plain yogurt with homemade granola and drizzle of honey Frozen blueberries  Water	Toast with strawberry jam apple & banana slices 2% milk  Water	Shreddies & Multigrain Cheerios cereals with 2% milk Fresh strawberries & blueberries Water	Multi grain melba toast & low fat cottage cheese Assorted melon slices  Water
<b>3 PM SNACK</b>	Corn thins with hummus Baby carrots and cherry tomatoes  Water	Rye bread with tuna salad Orange slices  Water	Whole wheat crackers with cheddar and mozzarella slices Pear slices Water	Rice Cakes with apple sauce Cucumber & pepper slices  Water	Whole wheat bread slices with soy butter and honey Pear slices  Water
<b>5 PM SNACK</b>	Cucumber slices with tzatziki  Water	Banana chunks Graham crackers  Water	Cucumber and red pepper sticks Hummus  Water	Whole wheat crackers Baby carrots  Water	Apple and banana slices Soy butter  Water

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**MENU FOR THE WEEK OF: \_\_\_\_\_ (3)**

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	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8 AM SNACK</b> <small>*EVERYDAY FOR FDK AND ON NON INSTRUCTIONAL DAYS FOR SCHOOL AGE</small>	Shreddies & Multigrain Cheerios cereals with 2% milk Apple and banana slices Water	Homemade oatmeal Fresh strawberries & blueberries 2% milk  Water	Plain 2% yogurt with homemade granola & drizzle of honey Frozen raspberries  Water	Toasted whole grain bread with strawberry jam Apple slices 2% milk  Water	Whole wheat crackers & cheddar cheese slices Apple slices  Water
<b>3 PM SNACK</b>	Guacamole with mini pita Cherry tomatoes and carrot sticks  Water	Raisin bread Cheese slices Apples  Water	Corn thins Hummus Carrot sticks  Water	Rye Bread slices with spinach dip Pear slices  Water	2% plain yogurt with fresh blueberries, drizzle of honey Graham crackers Water
<b>5 PM SNACK</b>	Apple slices with yogurt dip  Water	Baby carrots Whole wheat pita  Water	Banana chunks Whole wheat crackers Water	Cherry tomatoes and cucumber slices with hummus Water	Apple slices with Soy butter  Water

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**MENU FOR THE WEEK OF: \_\_\_\_\_(4)**

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	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8 AM SNACK</b> <small>*EVERYDAY FOR FDK AND ON NON INSTRUCTIONAL DAYS FOR SCHOOL AGE</small>	Whole grain toast with jam Apple & banana slices 2% milk  Water	Plain 2% yogurt with homemade granola, drizzle of honey Frozen raspberries & blackberries Water	Shreddies and Multigrain Cheerios cereals with 2% milk Banana chunks  Water	Whole grain bagels with soy butter & drizzle of honey Cantaloupe slices  Water	Shreddies and Multigrain Cheerios cereals with 2% milk Frozen blueberries  Water
<b>3 PM SNACK</b>	Rye bread with homemade chicken salad Carrot, cucumber & red pepper slices  Water	Rye bread with ham and cheese slices Pear slices  Water	Melba toast Cottage cheese Grapefruit/orange slices  Water	Apple sauce & rice cake Apple slices  Water	Bagels with soy butter & drizzle of honey Apple slices  Water
<b>5 PM SNACK</b>	Cherry tomatoes and carrot sticks Hummus  Water	Raisin bread Banana chunks  Water	Apples slices & soy butter  Water	Multigrain melba toast Orange slices  Water	Graham crackers Pear slices  Water