

SCHOOL AGE/KINDERGARTEN BREAKFAST AND SNACK MENU

FALL/WINTER

WEEK ONE	BREAKFAST	AFTERNOON SNACK
MONDAY	<ul style="list-style-type: none"> ○ Cold cereal ○ WW/WG toast/Butter/★ Wow butter Water ★ Milk ■ _____ 	<ul style="list-style-type: none"> Tuna/Chicken Mini Sandwich (○ WW/WG crackers, ★ light tuna/chicken, ■ lettuce, ★ hummus, mayo/mustard) Water
TUESDAY	<ul style="list-style-type: none"> Yogurt Parfait (◆ yogurt, ■ mixed berries) Apple Cinnamon Bites (○ Oats, ★ Wow Butter, ■ apple, maple syrup) Water ★ Milk 	<ul style="list-style-type: none"> Fruit/Veggie Salad (■ Spinach, ■ romaine, ■ pear, ■ lettuce, ■ carrot, ■ tomato) Salad dressing ★ Grated parmesan ○ WW/WG mini pita, Water
WEDNESDAY	<ul style="list-style-type: none"> ○ Cold cereal ○ WW/WG English muffin/Butter/★ NoNut butter Water ★ Milk ■ _____ 	<ul style="list-style-type: none"> ★ Cottage cheese/Mozzarella cheese ■ Cantaloupe chunks ○ WW Melba toast/crackers Water
THURSDAY	<ul style="list-style-type: none"> ○ Cold cereal Breakfast Burrito (Naan, ■ yellow pepper strips, ★ Swiss Cheese) Water ★ Milk ■ _____ 	<ul style="list-style-type: none"> Raw Veggies ■ _____, ■ _____, ■ _____ Zippy Dip (★ hummus, salsa, ★ Greek yogurt) ○ WW/WG crackers Water
FRIDAY	<ul style="list-style-type: none"> ○ Cold cereal Pancakes/Butter/maple syrup Water ★ Milk ■ _____ 	<ul style="list-style-type: none"> 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.



School Name: _____

Date: _____

SCHOOL AGE/KINDERGARTEN BREAKFAST AND SNACK MENU

FALL/WINTER

WEEK TWO	BREAKFAST	AFTERNOON SNACK
MONDAY	○ Cold cereal ○ WW/WG toast/Butter/★ NoNut butter Water ★ Milk ■ _____	Pizza Muffin (○ WW English muffin, pizza sauce, ★ shredded mozzarella cheese) ■ _____ Water
TUESDAY	○ Cold cereal ○ WW/WG toasted English muffin/Butter Water ★ Milk ■ _____	Tuna/Chicken Wraps (○ WW tortilla, ★ light tuna/chicken, ★ hummus, ■ romaine lettuce, ■ tomato) ■ _____ Water
WEDNESDAY	○ Cold cereal Yogurt Parfait (★ yogurt, ■ mixed berries) Water ★ Milk	○ WW/WG crackers/★ hummus ★ Swiss cheese slices ■ _____ Water
THURSDAY	○ Cold cereal ○ WW bagel/★ hummus, ■ sliced tomato Water ★ Milk ■ _____	Salad Bar (■ baby spinach, ■ _____, ■ _____, ■ _____, Ranch dressing) ○ WW/WG croutons Water
FRIDAY	○ Cold Cereal Waffles/butter/maple syrup Water ★ Milk ■ _____	Veggie & Bean Wrap (○ WW tortilla, ■ diced tomato, ■ green pepper, ★ grated parmesan cheese, ★ 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.



School Name: _____

Date: _____

SCHOOL AGE/KINDERGARTEN BREAKFAST AND SNACK MENU

FALL/WINTER

WEEK THREE	BREAKFAST	AFTERNOON SNACK
MONDAY	<ul style="list-style-type: none"> ○ Cold cereal ○ WW/WG toast/butter/★ Wow butter Water ■ _____ ★ Milk 	Banana Yogurt Wrap-up (○ WW Tortilla, ★ yogurt, ■ banana) Water
TUESDAY	<ul style="list-style-type: none"> ○ Cold cereal ○ Breakfast pita (○ WW/WG pita, ★ yogurt, ■ _____) Water ★ Milk 	Fruit Salad (■ _____, ■ _____, ■ _____, ■ _____) ○ WW/WG crackers, ★ hummus Water
WEDNESDAY	<ul style="list-style-type: none"> ○ Cold cereal (○ WW/WG English Muffin/butter/★ NoNut butter) Water ★ Milk ■ _____ 	Chicken/Tuna Salad Sandwich (○ WW/WG bread, ★ canned chicken/tuna, onion, ■ tomato, ★ hummus) Water
THURSDAY	<ul style="list-style-type: none"> Apple and Cheese Wrap (○ WW/WG tortilla, ★ mozzarella cheese, ■ apple) Water ★ Milk 	Raw Veggies (■ _____, ■ _____, ■ _____) Zippy dip (★ hummus, salsa, ★ Greek yogurt) ○ WW/WG mini pita Water
FRIDAY	<ul style="list-style-type: none"> ○ Cold cereal Pancakes/butter/maple syrup Water ★ Milk ■ _____ 	○ WW/WG crackers ★ Swiss cheese slices, ★ hummus ■ _____ 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.



School Name: _____

Date: _____

SCHOOL AGE/KINDERGARTEN BREAKFAST AND SNACK MENU

FALL/WINTER

WEEK FOUR	BREAKFAST	AFTERNOON SNACK
MONDAY	<ul style="list-style-type: none"> ○ Cold cereal ○ WW/WG toast/Butter/★ NoNut butter Water ★ Milk ■ _____ 	Veggie/Cheese/Mixed Bean Wrap ○ WW/WG tortilla, (★ Mixed beans, ★ shredded mozzarella cheese, ■ _____) Water
TUESDAY	<ul style="list-style-type: none"> ○ Cold cereal Bagel Boomerang (○ WW/WG bagel, butter, ■ apple, ★ mozzarella cheese) Water ★ Milk 	Raw Veggies (■ _____, ■ _____, ■ _____) Garlic/Dill Dip (★ plain yogurt, onion, parsley, minced garlic, ■ red pepper, mayo, dill weed) ○ WW/WG crackers Water
WEDNESDAY	<ul style="list-style-type: none"> Yogurt Parfait (★ yogurt, ■ mixed berries) ○ WW/WG toasted English muffin/Butter Water ★ Milk 	Jazzed Up Tuna/Chicken Salad, (★ Light tuna/chicken, ★ hummus, mustard, ■ celery, ■ red pepper, ★ cheddar cheese) ○ WW/WG mini pitas Water
THURSDAY	<ul style="list-style-type: none"> ○ Cold cereal ○ WW/WG toasted bagel/Butter/★ Wow butter Water ★ Milk ■ _____ 	Salad Bar (■ romaine lettuce, ★ chick peas, ■ _____, pickles) parmesan cheese Salad dressing ○ WW/WG Crackers Water
FRIDAY	<ul style="list-style-type: none"> ○ Cold cereal Waffles/butter/maple syrup Water ★ Milk ■ _____ 	○ WW/WG Crackers ★ Swiss cheese slices, ★ Wow butter ■ _____ 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.