

Summer Snack Menu

Lab West Child Care Centre

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Yogurt Berries Granola	Cheerios* Milk Bananas	Rice Cake Kiwi Cream Cheese	Apples Cheese	Cheerios* Milk Fruit Choice
PM	Cheese Crackers* Cucumber	Tortilla* Spread Fruit/Veggie Choice	Pita Chips* Salsa/Cheese Fruit/Veggie Choice	Gold Fish* Veggies Veggie Dip	Cheese Crackers* Fruit/Veggie Choice

veggie dip (sugar 2g): ranch dip mix

Spread: unsweetened jam, cream cheese, etc

Possible Summer Treats: banana popsicle, fruit smoothie, frozen yogurt pops, Mr. Freeze

-changes will be listed on the snack change form

*items are whole wheat