Kilmer Children’s Centre

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Week****1** | **AM->**Rice Cakes with Cream Cheese/ Fruit**PM->**Crackers, Cheese, Veggie | **AM->** Yoghurt Tubes and Fruit**PM->**Popcorn and Fruit | **AM->** Cookies and Milk**PM->** Jello/pudding with Fruit | **AM->** Fishy Crackers and Fruit**PM->**Quesadillas and Veggies | **AM->**Cereal and Milk**PM->**pretzels/fruit |
| **Week****2** | **AM->**Trail Mix and Milk**PM->**Apple Slices with graham crackers | **AM->** Bagels and Fruit**PM->** Cereal/MILK | **AM->**Rice Cakes and Jam**PM-** Crackers, Cheese and Pickles | **AM->**Crackers, Cheese and Pickles**PM->**Fishy Crackers /veggie | **AM->** Veggie Chips and Cucumbers**PM-**Cookies/milk |
| **Week****3** | **AM->**Yoghurt Tubes and Fruit**PM->** Bagels/fruit | **AM->**Jam Roll-ups**PM->**Waffles and Fruit | **AM->** Toast with Cream Cheese and Cucumber**PM->**Fishy Crackers and Fruit | **AM->**Cereal and Milk**PM->**Mini Pizzas and Veggies | **AM->** Veggies, Rice Cakes and cream cheese**PM->**Grilled Cheese |
| **Week****4** | **AM->** English Muffins with Cheese**PM->** Yoghurt and Fruit | **AM->**Bear Paws and Milk**PM->**Wagon Wheels with Fruit | **AM->** Bagels and Cream Cheese with Fruit**PM->** Jam Sandwich and fruit  | **AM->** Veggies, Dip and Cheese Cubes**PM->**Trail Mix and Fruit | **AM->**Cereal and Milk**PM->** Birthday Baking |
|  | **AM->****PM->** | **AM->****PM->** | **AM->****PM->** | **AM->****PM->** | **AM->****PM->** |

SNACK LIST