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