**La Salle Kidz Inc. Beaudry Snack Menu**

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| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning** **Snack** | Cereal FruitMilk | YogurtGranolaFruitWater | Bagel with Cream CheeseFruitWater  | Scrambled EggsFruitWater | Toast with Wow ButterFruitsWater |
| **Afternoon****Snack** | CrackersVegetable & DipWater | Rice CakesVegetable Milk | Bannock & JamVegetableMilk | Taco Chips & SalsaVegetableWater | YogurtArrowrootFruitWater |
| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning** **Snack** | English Muffin & JamFruitWater | Pancakes & SyrupFruitWater | OatmealFruitMilk | Fruit Smoothie (made with fruit & milk)Toast | Hard Boiled EggsFruitWater |
| **Afternoon****Snack** | Apple SauceArrowrootMilk | Fruit SaladCrackersWater | Cheese SlicesVegetable & DipWater | Pizza Buns (with cheese)VegetableWater | Trail MixVegetableMilk |

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning** **Snack** | Yogurt GranolaFruitWater | Toast with Wow ButterFruitMilk | CerealFruitMilk | Bagel & Cream CheeseFruitWater | Scrambled EggsFruitWater |
| **Afternoon****Snack** | Rice CakesVegetableMilk | Banana BreadFruitWater | Trail MixVegetableWater | Cheese SliceCrackersVegetable & DipWater | Apple SauceArrowrootWater |
| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning** **Snack** | Toast with Wow ButterFruitWater | English Muffin & JamFruitMilk | Hard Boiled EggsFruitWater | Fruit Smoothie (made with milk & fruit)ArrowrootWater | Pancakes & SyrupFruitWater |
| **Afternoon****Snack** | Taco Chips & SalsaVegetableWater | Apple SauceArrowrootMilk | Rice CakesVegetableWater | Cheese SliceVegetable & DipWater | Rice Krispies SquareFruitWater |