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

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| --- | --- | --- | --- | --- | --- |
| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning**  **Snack** | Cereal  Fruit  Milk | Yogurt  Granola  Fruit  Water | Bagel with Cream Cheese  Fruit  Water | Scrambled Eggs  Fruit  Water | Toast with Wow Butter  Fruits  Water |
| **Afternoon**  **Snack** | Crackers  Vegetable & Dip  Water | Rice Cakes  Vegetable  Milk | Bannock & Jam  Vegetable  Milk | Taco Chips & Salsa  Vegetable  Water | Yogurt  Arrowroot  Fruit  Water |
| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning**  **Snack** | English Muffin & Jam  Fruit  Water | Pancakes & Syrup  Fruit  Water | Oatmeal  Fruit  Milk | Fruit Smoothie (made with fruit & milk)  Toast | Hard Boiled Eggs  Fruit  Water |
| **Afternoon**  **Snack** | Apple Sauce  Arrowroot  Milk | Fruit Salad  Crackers  Water | Cheese Slices  Vegetable & Dip  Water | Pizza Buns (with cheese)  Vegetable  Water | Trail Mix  Vegetable  Milk |

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning**  **Snack** | Yogurt  Granola  Fruit  Water | Toast with Wow Butter  Fruit  Milk | Cereal  Fruit  Milk | Bagel & Cream Cheese  Fruit  Water | Scrambled Eggs  Fruit  Water |
| **Afternoon**  **Snack** | Rice Cakes  Vegetable  Milk | Banana Bread  Fruit  Water | Trail Mix  Vegetable  Water | Cheese Slice  Crackers  Vegetable & Dip  Water | Apple Sauce  Arrowroot  Water |
| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning**  **Snack** | Toast with Wow Butter  Fruit  Water | English Muffin & Jam  Fruit  Milk | Hard Boiled Eggs  Fruit  Water | Fruit Smoothie (made with milk & fruit)  Arrowroot  Water | Pancakes & Syrup  Fruit  Water |
| **Afternoon**  **Snack** | Taco Chips & Salsa  Vegetable  Water | Apple Sauce  Arrowroot  Milk | Rice Cakes  Vegetable  Water | Cheese Slice  Vegetable & Dip  Water | Rice Krispies Square  Fruit  Water |