## **TLC Centre Inc**

## **November 2023**

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Mon	Tue	Wed	Thu	Fri
		Applesauce pouch, crackers and water.  Pretzel, dip, vegetables (tzatiki, hummus or wowbutter) and water.	Wowbutter & banana tortilla pinwheels and water.  Nan bread, vegetables, dip (tzatiki or hummus or ranch) and water.	Pruit bars, crackers and water.  Cereal trail mix (cereal, raisins, chocolate chips, mini marshmallows, goldfish crackers), vegetables and water.
Applesauce pouch, biscuits, and water.  Crackers, pickles, vegetables and water.	Waffles, fruit and water.  Nan bread, dip (hummus, tzatziki or wowbutter), vegetables and water.	Fruit cup, crackers and water.  Cereal trail mix (cereal, raisens, chocolate chips, mini marshmallows, goldfish crackers) vegetables and water.	Cinnamon toast, fruit and water.  Cookies, vegetables and water.	Muffins or loaf, fruit and water.  Granola bars, vegetables and water.
Granola bars, fruit and water.  Frozen yogurt tubes, vegetables and water.	Bagels with jam, fruit, & water.  Veggie straws, dip (hummus, tzatziki, or wowbutter), veggies and water.	Applesauce, crackers and water.  Pretzel, dip, vegetables (tzatiki, hummus or wowbutter) and water.	Wowbutter & banana tortilla pinwheels and water.  Nan bread, vegetables, dip (tzatiki or hummus or ranch) and water.	Fruit bars, crackers and water.  Cereal trail mix (cereal, raisins, chocolate chips, mini marshmallows, goldfish crackers), vegetables and water.
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