

# Centre Menu

# October 2021

Mon	Tue	Wed	Thu	Fri
				01 Applesauce, cereal and milk. Cookies, vegetables, and water
04 Bagels with cream cheese, fruit and water. Fruit cocktail, crackers and milk.	05 Cereal with milk and fruit. Cookies, veggies with dip and water.	06 Fruit smoothie, graham crackers and water. Yogurt popsicles, crackers, vegetables and water.	07 Wowbutter banana tortilla rollup and water. Frozen yogurt, graham cracker sandwiches, veggies and water.	08 Cinnamon toast, fruit and water. Fruit salad, whip cream, graham crackers and water.
11 Oatmeal, fruit and milk. Rice cake with jam and wowbutter, fruit and water.	12 Muffins with fruit and milk. Crackers, pickles, cheese and water.	13 Waffles with syrup, fruit and water. Pudding, fruit, graham crackers and water.	14 Yogurt, cereal, fruit and water. Cereal trail mix, veggies with dip and water.	15 Applesauce, cereal and milk. Cookies, vegetables, and water
18 Bagels with cream cheese, fruit and water. Fruit cocktail, crackers and milk.	19 Cereal with milk and fruit. Cookies, veggies with dip and water.	20 Fruit smoothie, graham crackers and water. Yogurt popsicles, crackers, vegetables and water.	21 Wowbutter banana tortilla rollup and water. Frozen yogurt, graham cracker sandwiches, veggies and water.	22 Cinnamon toast, fruit and water. Fruit salad, whip cream, graham crackers and water.
25 Oatmeal, fruit and milk. Rice cake with jam and wowbutter, fruit and water.	26 Muffins with fruit and milk. Crackers, pickles, cheese and water.	27 Waffles with syrup, fruit and water. Pudding, fruit, graham crackers and water.	28 Yogurt, cereal, fruit and water. Cereal trail mix, veggies with dip and water.	29 Applesauce, cereal and milk. Cookies, vegetables, and water