

## Our Menus (Before and After School Programs)

Our menus are healthy and varied, reviewed by a registered dietitian, and based on recommendations from Canada's *Food Guide*. Snacks are well-balanced, contain at least three food groups, and change according to the season. An allergy-aware and nut-free environment, we are responsive to dietary requirements (e.g. such as providing meat and dairy alternatives). We encourage children to be aware of their own hunger cues and make appropriate choices at snack times.

### Offered Daily:

- Two snacks
- Choices of fresh/frozen fruits and vegetables
- Water is always available

### Sample Menu (specific menus available at centre)

<b>Morning Snack</b>				
Whole Wheat English Muffins	Cereal	Whole Wheat Toasted Bagels	Whole Wheat Toast	Whole Wheat/Grain Waffles
Milk	Milk	Milk	Yogurt	Milk
Fruit	Fruit	Fruit	Fruit	Applesauce
<b>Afternoon Snack</b>				
Cereal	Whole Grain Breton Crackers	Whole Wheat Melba Toast	Whole Wheat Bagels	Whole Wheat Apple Cinnamon Muffins
Yogurt	Sliced Peppers with Dip	Havarti Cheese Apples/Pears	Sliced Cucumbers with Dip	Seasonal Fruit
Frozen Blueberries	Milk	Milk	Milk	Milk
<b>Late Snack</b>				
Very light snack consisting of a fruit or vegetable				

We restrict foods brought from home or restaurants to protect the children in our programs with life-threatening allergies. For PA days and summer camp, families must provide lunches that are peanut-free. Other allergens may also be prohibited.