

COLD PLUS + MENU

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date :	Date :	Date :	Date :	Date :
Croissant Sliced cheese Fruits	Yogurt mixed with Cheerios cereal Oatmeal bar Fruits	Raisin bread Cheese Apple sauce	Cereal Apple sauce	Bread with jam Yogurt Fruits
WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date :	Date :	Date :	Date :	Date :
Cereal Apple sauce	Fruity breakfast bar Cheese Apple sauce	Yogurt mixed with Cheerios cereal Banana square Fruits	Sliced cheese sandwich Yogurt Fruits	Bagel Philadelphia Yogurt Fruits
WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date :	Date :	Date :	Date :	Date :
Raisin bread Cheese Apple sauce	Croissant Sliced cheese Fruits	Cereal Fruits	Bread with jam Cheese Fruits	Yogurt mixed with Cheerios cereal Oatmeal bar Apple sauce
WEEK 4				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date :	Date :	Date :	Date :	Date :
Bagel et Philadelphia Yogurt Apple sauce	Yogurt mixed with Cheerios cereal Banana square Fruits	Fruity breakfast bar Cheese Fruits	Cereal Apple sauce	Sliced cheese sandwich Yogurt Fruits

*Serve 1 meal per week with juice (125 ml) and 3 meals per week with milk. Always have water available.

*Offer a minimum of one milk product, other than milk, per meal (cheese or yogurt).

* Serve water each morning – Encourage the students to bring with them a water bottle.