



HERITAGE PARK CHILDRENS PROGRAMS INC.

WEEK 1 STARTS JUNE 29

Hello Summer!

SUMMER LUNCH/SNACK MENU

WEEK 1	MON	TUE	WED	THU	FRI
MORNING SNACK 6:30-8:30	CEREAL FRUIT MILK	WAFFLES FRUIT MILK	YOGURT & GRANOLA FRUIT MILK	TOAST WITH JAM & WOW BUTTER FRUIT MILK	MUFFINS FRUIT MILK
LUNCH 11:30-12:00	CHEESE PEROGIES CORN FRUIT MILK	TACO SALAD FRUIT MILK	MACARONI DINNER WIENERS/BOLOGNA FRUIT MILK	CHICKEN BURGERS VEGGIES WITH HUMMUS MILK	MINI SUBS FRUIT MILK
PM SNACK 3:00-3:30	NACHOS WITH SOUR CREAM & SALSA FRUIT JUICE	TRAIL MIX FRUIT MILK	HARD BOILED EGGS, CHEESE, CRACKERS & CUCUMBERS WATER	POPCORN, CHEESE, CUCUMBERS & JUICE TODDLERS: ANIMAL CRACKERS	ICE CREAM CONES GRAHAM CRACKERS WATERMELON WATER
WEEK 2	MON	TUE	WED	THU	FRI
MORNING SNACK 6:30-8:30	CEREAL FRUIT MILK	WAFFLES FRUIT MILK	YOGURT & GRANOLA FRUIT MILK	TOAST WITH JAM & WOW BUTTER FRUIT MILK	MUFFINS FRUIT MILK
LUNCH 11:30-12:00	HOT DOGS FRUIT MILK TODDLERS: BOLOGNA SANDWICH	CHICKEN WRAP & CAESAR SALAD FRUIT MILK	SPAGHETTI & MEAT SAUCE FRUIT MILK	HAMBURGERS VEGGIES WITH HUMMUS MILK	MEAT SANDWICHES POTATO CHIPS FRUIT & MILK
PM SNACK 3:00-3:30	NACHOS WITH SOUR CREAM & SALSA FRUIT JUICE	TRAIL MIX FRUIT MILK	HARD BOILED EGGS, CHEESE, CRACKERS & CUCUMBERS WATER	POPCORN, CHEESE, CUCUMBERS & JUICE TODDLERS: ANIMAL CRACKERS	ICE CREAM CONES GRAHAM CRACKERS WATERMELON WATER



FIELD TRIP LUNCH: MEAT SANDWICHES, FRUIT & MILK