

Menu

Before & After School Program

Burford Elementary Public School & Blessed Sacrament School

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	←-----Continental breakfast-----→				
	Water	Water	Water	Water	Water
Afternoon Snack	Apple slices ◊ Rice cakes #	Orange slices ◊ Zucchini muffin #	Banana ◊ W/w flatbread # Wow butter © <i>BSS - Alternate fruit</i> <i>Cereal bar</i>	Grapes ◊ Cheese portions © Whole grain crackers #	Watermelon ◊ Arrowroot cookies #
	Water	Water	Water	Water	Water

LEDGEND -- Dairy ▲ Grains # Fruits & Vegetables ◊ Meat & Alternatives ©