

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	Orange slices ◊ BSS – <i>Alternate bread</i> Banana bread #	Grapes ◊ Cereal mix #	Watermelon ◊ Whole grain crackers #	Banana ◊ Digestives # BSS – <i>Alternate fruit</i>	Apple slices ◊ Gold fish crackers #
	Water	Water	Water	Water	Water

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