

Menu

Before & After School Program

Burford Elementary Public School & Blessed Sacrament School

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	←-----Continental breakfast-----→				
	Water <i>BSS - Alternate fruit</i>	Water	Water	Water	Water
Afternoon Snack	Banana windups ◊ Wow butter w/w Flat bread # <i>BSS - Alternate fruit</i> <i>Bran crunches</i> Water	Grapes # Whole grain crackers # Water	Orange slices ◊ Carrot muffin # Water	Watermelon ◊ Arrowroot cookie # Water	Apple slices ◊ Digestive #

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