

# Tilbury Tots Early Learning Centre

# June 2022

| Mon  | Tue   | Wed  | Thu   | Fri   |
|--|---|--|---|---|
|  |   | 01<br>Oatmeal & Fruit Water<br>Chicken Broccoli With Tomato Sauce & Fruit Water/Milk<br>Mini Pitas with Hummus & Veggies Water     | 02<br>Applesauce & Graham Crackers Water<br>Ham and Cheese Pinwheels & Vegetable Soup & Fruit Water/Milk<br>Bean Brownies & Fruit Water   | 03<br>Banana Mini Muffins & Fruit Water<br>Pork & Mashed Potatoes With Gravy & Veggies & Fruit Water/Milk<br>Cheerios & Fruit Salad Water |
| 06<br>Cereal & Fruit Water<br>Beef Stroganoff & Veggies & Fruit Water/Milk<br>Graham Crackers & Fruit Water        | 07<br>English Muffins & Cheese Cubes Water<br>French Toast & Sausage & Fruit & Veggies Water/Milk<br>Yogurt & Fruit Water   | 08<br>Breakfast Oat Bars & Fruit Water<br>Chicken Salad Sandwich & Veggies & Fruit Water/Milk<br>Applesauce & Crackers Water       | 09<br>Cheerios & Milk & Fruit Water<br>Pepperoni Bagel Bites with Pizza Sauce & Veggies & Fruit Water/Milk<br>Rice Krispies & Fruit Water | 10<br>Zucchini Bread & Fruit Water<br>Ham, Cheese & Crackers Cold Plate & Veggies & Fruit Water/Milk<br>Fruit Salad & Crackers Water      |
| 13<br>Cheese & Flavoured Crackers Water<br>Beef Tacos & Veggies & Fruit Water/Milk<br>Applesauce & Graham Crackers | 14<br>Raisin Toast & Milk Water<br>Egg Salad Sandwich & Veggies & Fruit Water/Milk<br>Fruit & Flavoured Crackers Water      | 15<br>Pancakes & Fruit Water<br>Sweet & Sour Pork Rice & Fruit Water/Milk<br>Cheese & Fruit Water                                  | 16<br>Cereal & Milk Water<br>Hamburger Sliders & Pasta Salad & Fruit Water/Milk<br>Homemade Granola Bars & Milk Water                     | 17<br>Apple Cinnamon Mini Muffins & Fruit Water<br>Chicken Quesadilla & Fruit Water/Milk<br>Frozen Yogurt & Fruit Water                   |
| 20<br>Cereal & Fruit Water<br>Spaghetti & Meat Sauce & Veggies & Fruit Water/Milk<br>Cheese Cubes & Fruit Water    | 21<br>Toast & Fruit Water<br>Tuna Sandwich & Veggies & Fruit Water/Milk<br>Fresh Veggies & Crackers Water                   | 22<br>Yogurt & Granola Parfait Water<br>Mac and Cheese with Ham & Fruit & Veggies Water/Milk<br>Applesauce & Graham Crackers Water | 23<br>Cheese & Crackers Water<br>Chicken & Broccoli Casserole & Bread & Fruit Water/Milk<br>Oatmeal Cookies & Milk Water                  | 24<br>Homemade Loaf & Fruit Water<br>Tomato Mac Soup & Pepperoni Grilled Cheese & Fruit Water/Milk<br>Fruit Salad & Cereal Water          |
| 27<br>Bagels & Fruit Water<br>Vegetable Frittata & Bread & Fruit Water/Milk<br>Frozen Yogurt & Fruit Water         | 28<br>Cereal & Milk Water<br>Manwich on a Bun & Fresh Veggies & Fruit Water/Milk<br>Cheese Cubes & Flavoured Crackers Water | 29<br>Oatmeal & Fruit Water<br>Chicken Broccoli With Tomato Sauce & Fruit Water/Milk<br>Mini Pitas with Hummus & Veggies Water     | 30<br>Applesauce & Graham Crackers Water<br>Ham and Cheese Pinwheels & Vegetable Soup & Fruit Water/Milk<br>Bean Brownies & Fruit Water   |   |