

# Tilbury Tots Early Learning Centre

# August 2022

Mon	Tue	Wed	Thu	Fri
01	02	03	04	05
08	09	10	11	12
Cheese & Flavoured Crackers Water  Beef Tacos & Veggies & Fruit Water/Milk  Applesauce & Graham Crackers	Raisin Toast & Milk Water  Egg Salad Sandwich & Veggies & Fruit Water/Milk  Fruit & Flavoured Crackers Water	Pancakes & Fruit Water  Sweet & Sour Pork Rice & Fruit Water/Milk  Cheese & Fruit Water	Cereal & Milk Water  Hamburger Sliders & Pasta Salad & Fruit Water/Milk  Homemade Granola Bars & Milk Water	Apple Cinnamon Mini Muffins & Fruit Water  Chicken Quesadilla & Fruit Water/Milk  Frozen Yogurt & Fruit Water
15	16	17	18	19
Cereal & Fruit Water  Spaghetti & Meat Sauce & Veggies & Fruit Water/Milk  Cheese Cubes & Fruit Water	Toast & Fruit Water  Tuna Sandwich & Veggies & Fruit Water/Milk  Fresh Veggies & Crackers Water	Yogurt & Granola Parfait Water  Mac and Cheese with Ham & Fruit & Veggies Water/Milk  Applesauce & Graham Crackers Water	Fruit & Crackers Water  Chicken & Broccoli Casserole & Bread & Fruit Water/Milk  Oatmeal Cookies & Milk Water	Homemade Loaf & Fruit Water  Tomato Mac Soup & Pepperoni Grilled Cheese & Fruit Water/Milk  Fruit Salad & Cereal Water
22	23	24	25	26
Bagels & Fruit Water  Vegetable Frittata & Bread & Fruit Water/Milk  Frozen Yogurt & Fruit Water	Cereal & Milk Water  Manwich on a Bun & Fresh Veggies & Fruit Water/Milk  Cheese Cubes & Flavoured Crackers Water	Oatmeal & Fruit Water  Chicken Broccoli With Tomato Sauce & Fruit Water/Milk  Mini Pitas with Hummus & Veggies Water	Applesauce & Graham Crackers Water  Ham and Cheese Pinwheels & Vegetable Soup & Fruit Water/Milk  Bean Brownies & Fruit Water	Banana Mini Muffins & Fruit Water  Pork & Mashed Potatoes With Gravy & Veggies & Fruit Water/Milk  Cheerios & Fruit Salad Water
29	30	31		
Cereal & Fruit Water  Beef Stroganoff & Veggies & Fruit Water/Milk  Graham Crackers & Fruit Water	English Muffins & Cheese Cubes Water  French Toast & Sausage & Fruit & Veggies Water/Milk  Yogurt & Fruit Water	Breakfast Oat Bars & Fruit Water  Chicken Salad Sandwich & Veggies & Fruit Water/Milk  Veggies & Crackers Water		