

Tilbury Tots Early Learning Centre

January 2025

Mon	Tue	Wed	Thu	Fri
		01 Cereal & Milk Water Chicken, Vegetable & Rice Soup W/Buttered Bun & Fruit Water Vegetable Crackers & Veggie Sticks Water	02 Apple Oatmeal Muffins & Fruit Water Pizza Quesadillas & Pizza Sauce & Veggies & Fruit Water/Milk Bean Brownies & Fruit Water	03 Toast W/Butter & Fruit Water Meatloaf & Mashed Potatoes & Veggies & Fruit Water/Milk Cheese & Saltine Crackers Water
06 Applesauce & Graham Crackers Water Sloppy Joes W/Bun & Veggies & Fruit Water/Milk Vegetable Crackers & Veggie Sticks Water	07 Yogurt & Fruit Water Ham & Mashed Sweet Potatoes & Veggies & Fruit Water/Milk Cheese Sandwiches Water	08 Cereal & Milk Water Chicken Broccoli Alfredo Pasta & Veggies & Fruit Water Arrowroot Cookies & Apple Dip Water	09 Carrot Muffins & Fruit Water Mushroom Pork & Diced Potatoes & Veggies & Fruit Water/Milk Rice Krispie Squares & Fruit Water	10 Bagels W/Butter & Fruit Water Beef Vegetable Noodle Soup & Buttered Bread & Fruit Water/Milk Goldfish & Fruit Water
13 Applesauce & Graham Crackers Water Beef Stroganoff & Veggies & Fruit Water/Milk Cheese & Saltine Crackers Water	14 Yogurt & Fruit Water Potato, Vegetable & Ham Soup W/Buttered Bun & Fruit Water/Milk Naan Bread & Taco Hummus Water	15 Cereal & Milk Water Pancakes & Sausages W/Blueberry Sauce & Veggies Water/Milk Digestive Cookies & Fruit Water	16 Oatmeal Loaf & Fruit Water Chicken Wild Rice Casserole W/Buttered Bread & Fruit Water/Milk Chocolate Zucchini Loaf & Fruit Water	17 English Muffins W/Butter & Fruit Water Tomato Mac Soup & Grilled Cheese & Fruit Water/Milk Arrowroot Cookies & Fruit Water
20 Applesauce & Graham Crackers Water Spaghetti & Meat Sauce & Veggies & Fruit Water/Milk Vegetable Crackers & Fruit Water	21 Yogurt & Granola Parfait Water Ham Scalloped Potato Casserole & Veggies & Fruit Water/Milk Jam Sandwiches & Fruit Water	22 Cereal & Milk Water Chicken Noodles Soup & Cheese Sandwich & Fruit Water Digestive Biscuits & Chocolate Hummus Water	23 Banana Bread & Fruit Water Seasoned Pork Loin & Fried Rice & Fruit Water/Milk Pumpkin Muffins & Fruit Water	24 Raisin Toast W/Butter & Fruit Water Italian Meatball Soup & Garlic Bun & Fruit Water/Milk Arrowroot Cookies & Fruit Water
27 Applesauce & Graham Crackers Water Stuffed Pepper Casserole & Garlic Bread Sticks & Fruit Water/Milk Arrowroot Cookies & Fruit Water	28 Yogurt & Fruit Water Macaroni & Cheese W/Ham & Veggies & Fruit Water/Milk Apple Slices & Pumpkin Dip Water	29 Cereal & Milk Water Chicken, Vegetable & Rice Soup W/Buttered Bun & Fruit Water Vegetable Crackers & Veggie Sticks Water	30 Apple Oatmeal Muffins & Fruit Water Pizza Quesadillas & Pizza Sauce & Veggies & Fruit Water/Milk Bean Brownies & Fruit Water	31 Toast W/Butter & Fruit Water Meatloaf & Mashed Potatoes & Veggies & Fruit Water/Milk Cheese & Saltine Crackers Water