

Tilbury Tots Early Learning Centre

June 2026

Mon	Tue	Wed	Thu	Fri
01 Apple Sauce and Rice Cakes Water Broccoli and Cheese Quiche served with buttered bread Veggie and Fruit Milk/Water Fruit with Breton Crackers Water	02 Yogurt with Granola Water Beef Tacos served with Sour Cream a Veggie and Fruit Milk/Water Cucumber and Cream Cheese Sandwiches Water	03 Cereal and Milk Water Chicken Broccoli Alfredo served with a Veggie and Fruit Water Graham Crackers and Fruit Water	04 Buttered Bagels and Fruit Water Homemade Sloppy Joe's on a bun with a Veggie and Fruit Milk/Water Black Bean Brownies with fruit Water	05 Banana Cookies with Fruit Water Chicken Southwest Wrap with Fruit Milk/Water Cheese and Crackers Water
08 Mandarin Oranges with Graham Crackers Water Spaghetti and Meat Sauce with a Veggie and Fruit Milk/Water Veggie and Crackers Water	09 Yogurt and Arrowroot cookies Water Ham and Potato Soup with a Buttered Bun and Fruit Milk/Water Veggie and Hummus Water	10 Cereal Bars with Fruit Water Sweet Potato Mac and Cheese served with a Veggie and Fruit Milk/Water Zucchini Loaf with Fruit Water	11 Toast with Fruit Water Chicken and Rice with Zucchini and Tomato served with Fruit and Naan Bread Milk/Water Goldfish Crackers and Apple Sauce Water	12 Banana Oatmeal Muffins with Fruit Water Cheeseburger Sliders with a Veggie and Fruit Milk/Water Cheese and Crackers Water
15 Apple Sauce and Rice Cakes Water Chicken Stroganoff with a Veggie and Fruit Milk/Water Breton Crackers and Fruit Water	16 Yogurt with Granola Water Scrambled Eggs and Potatoes served with Apple Sauce and buttered bread Milk/Water Banana Energy Balls with Fruit Water	17 Cereal and Milk Water Veggie Naan Pizza Served with Fruit Water Strawberry Banana Loaf with Fruit Water	18 English Muffins with Jam and Fruit Water Tomato Mac Soup with Grilled Cheese Sandwiches and Fruit Milk/Water Arrowroot Cookies with Fruit Water	19 Sweet Potato Blondie Bars with Fruit Water Ham and Fried Rice Served with a Veggie and Fruit Milk/Water Cheese and Crackers Water
22 Mandarin Oranges and Graham Crackers Water Vegetable Minestrone Soup with buttered buns and Fruit Milk/Water Crackers and a Veggie Water	23 Yogurt and Arrowroot Cookies Water Chicken Hummus Wrap served with a Fruit Milk/Water Graham Crackers with Apple Pie Dip Water	24 Cereal Bars with Fruit Water Creamy Lemon Chicken Pasta served with a Buttered Bun and Fruit Water/Milk Berry Lemon Muffins with Fruit Water	25 Toast and Fruit Water Charcuterie Plate (Ham, Cheese, Veggie, Crackers) served with Fruit Milk/Water Jam Shortbread Cookies with Fruit Water/Milk	26 Carrot Muffins with Fruit Water Beef Fajitas served with a Veggie, Canned Fruit and Naan Bread Milk/Water Cheese Sandwiches Water
29 Apple Sauce and Rice Cakes Water Broccoli and Cheese Quiche served with buttered bread, Veggie and Fruit Milk/Water Fruit with Breton Crackers Water	30 Yogurt with Granola Water Beef Tacos served with Sour Cream a Veggie and Fruit Milk/Water Cucumber and Cream Cheese Sandwiches Water			