

Tilbury Tots Early Learning Centre

August 2026

Mon	Tue	Wed	Thu	Fri
03 Mandarin Oranges with Graham Crackers Water Spaghetti and Meat Sauce with a Veggie and Fruit Milk/Water Veggie and Crackers Water	04 Yogurt and Arrowroot cookies Water Ham and Potato Soup with a Buttered Bun and Fruit Milk/Water Veggie and Hummus Water	05 Zucchini Loaf with Fruit Water Sweet Potato Mac and Cheese served with a Veggie and Fruit Milk/Water Cereal Bars with Fruit Water	06 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	07 Banana Oatmeal Muffins with Fruit Water Cheeseburger Sliders with a Veggie and Fruit Milk/Water Cheese and Crackers Water
10 Apple Sauce and Rice Cakes with Honey and Cinnamon Water Chicken Stroganoff with a Veggie and Fruit Milk/Water Breton Crackers and Fruit Water	11 Yogurt with Granola Water Scrambled Eggs and Potatoes served with Apple Sauce and buttered bread Milk/Water Banana Energy Balls with Fruit Water	12 Cereal and Milk Water Veggie Naan Pizza Served with Fruit Water Strawberry Banana Loaf with Fruit Water	13 English Muffins with Jam and Fruit Water Tomato Mac Soup with Grilled Cheese Sandwiches and Fruit Milk/Water Arrowroot Cookies with Fruit Water	14 Sweet Potato Blondie Bars with Fruit Water Ham and Fried Rice Served with a Veggie and Fruit Milk/Water Cheese and Crackers Water
17 Mandarin Oranges and Graham Crackers Water Tuna Melt with buttered buns and Fruit Milk/Water Crackers and a Veggie Water	18 Yogurt and Graham Crackers Water Chicken Hummus Wrap served with a Fruit Milk/Water Arrowroot Cookies with Apple Pie Dip Water	19 Berry Lemon Muffins with Fruit Water Creamy Lemon Chicken Pasta served with a Buttered Bun and Fruit Water/Milk Cereal Bar with Fruit Water	20 Toast and Fruit Water Charcuterie Plate (Ham, Cheese, Veggie, Crackers) served with Fruit Milk/Water Jam Shortbread Cookies with Fruit Water/Milk	21 Carrot Muffins with Fruit Water Beef Fajitas served with a Veggie, Canned Fruit and Naan Bread Milk/Water Cheese Sandwiches Water
24 Apple Sauce and Rice Cakes with Honey and Cinnamon Water Broccoli and Cheese Quiche served with buttered bread Veggie and Fruit Milk/Water Fruit with Breton Crackers Water	25 Yogurt with Granola Water Beef Tacos served with Sour Cream a Veggie and Fruit Milk/Water Cucumber and Cream Cheese Roll ups Water	26 Cereal and Milk Water Chicken Broccoli Alfredo served with a Veggie and Fruit Water Graham Crackers and Fruit Water	27 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	28 Banana Cookies with Fruit Water Chicken Southwest Wrap with Fruit Milk/Water Cheese and Crackers Water
31 Mandarin Oranges with Graham Crackers Water Spaghetti and Meat Sauce with a Veggie and Fruit Milk/Water Veggie and Crackers Water				