

**M. Halpert**  
Catering Limited

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Toronto, Canada  
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**TRANSFAT FREE A.M. / P.M. SNACK MENU**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M.	Cereal Milk	Sliced Cheddar Fresh Fruit	Oatmeal Cookie Vegie Stick	Tuna Salad Whole Grain Pita	Vegie Sticks Yogurt Dip
P.M.	<b>Tuna Salad Multigrain Crackers</b>	<b>No Nut Butter Cinammon Raisin Pita</b>	<b>Beef Salami Cheese Wh. Wheat Bun</b>	<b>Yogurt Fresh Fruit</b>	<b>Sour Cream Honey, Banana Rollup</b>
A.M.	Cream Cheese Stoned Wheat Crackers	Applesauce Sliced Cheddar	No Nut Butter Rice Cakes	Chewy Bar Milk	Oatmeal Cookie Apple Juice
P.M.	<b>Nachos Cheese Salsa</b>	<b>Oatmeal Cookie Fresh Fruit</b>	<b>Vegie Sticks Caesar Dip</b>	<b>Whole Wheat Shreddies Milk</b>	<b>Egg Salad Multigrain Crackers</b>
A.M.	Cereal Milk	No Nut Butter Rice Cakes Jam	Cream Cheese Wh. Wheat Mini Pitas	Sliced Cheddar Fresh Fruit	Egg Salad Multigrain Crackers
P.M.	<b>Sliced Cheddar Fresh Fruit</b>	<b>Tuna Salad Breton Crackers</b>	<b>Chick Pea Red Pepper Dip Pita Bites</b>	<b>Cream Cheese Wh. Wheat Bagel</b>	<b>Vegie Sticks Spinach Dip</b>
A.M.	Fresh Fruit Cinammon Raisin Pita	Sliced Cheddar Wh. Wheat Bun	Oatmeal Cookie Milk	Yogurt Fresh Fruit	Vegie Sticks Chick Pea Dip
P.M.	<b>No Nut Butter Rice Cakes Apples and Pears</b>	<b>Vegie Sticks Caesar Dip</b>	<b>Chick Pea, Carrot, Cucumber Rollup</b>	<b>Rice Pudding Raisins</b>	<b>Sliced Cheddar Applesauce</b>

