



SPRING BREAK 2021 – BAYVIEW/SOUTHLANDS

- Week at a Glance -

- Week 1 -

Date	Plan	Menu
Monday March 15th	<b>Centre Day</b> Mad Science Monday	<b>Breakfast:</b> Oatmeal + Fruit <b>Lunch:</b> Pizza <b>Afternoon Snack:</b> Popcorn + Pita + Hummus
Tuesday March 16th	<b>Out Trip</b> <b>YK:</b> Memorial South Park <b>OK:</b> Chaldecott Park <b>Depart:</b> 10:30 a.m. <b>Return:</b> 4:00 p.m.	<b>Breakfast:</b> Oatmeal + Fruit <b>Lunch:</b> Sandwiches <b>Power Snack:</b> Granola Bars <b>Afternoon Snack:</b> Welch's Fruit Snacks + Pretzel Chips
Wednesday March 17th	<b>Out Trip</b> <b>YK:</b> Chaldecott Park <b>OK:</b> Memorial South Park <b>Depart:</b> 10:30 a.m. <b>Return:</b> 4:00 p.m.	<b>Breakfast:</b> Oatmeal + Fruit <b>Lunch:</b> Sandwiches <b>Power Snack:</b> Fig Bars <b>Afternoon Snack:</b> Apple Chips + MadeGood Granola Bites
Thursday March 18th	<b>Out Trip</b> <b>YK:</b> Stanley Park <b>OK:</b> Wheel's Day (Centre) <b>Depart:</b> 10:30 a.m. <b>Return:</b> 4:00 p.m.	<b>Breakfast:</b> Oatmeal + Fruit <b>Lunch:</b> Sandwiches <b>Power Snack:</b> Yogurt Granola Bars <b>Afternoon Snack:</b> Ritz Crackers + Pita + Hummus
Friday March 19th	<b>Out Trip</b> <b>YK:</b> Wheel's Day (Centre) <b>OK:</b> Stanley Park <b>Depart:</b> 10:30 a.m. <b>Return:</b> 4:00 p.m.	<b>Breakfast:</b> Oatmeal + Fruit <b>Lunch:</b> Sandwiches <b>Power Snack:</b> MadeGood Granola Bites <b>Afternoon:</b> Veggie Straws + Granola Bars

\*Food menu subject to change.

\*Please bring a backpack containing:

- A water bottle
- Walking shoes or boots (weather appropriate footwear)
- A change of clothes
- Weather appropriate clothing