

July Snack Menu



	MON	TUE	WED	THU	FRI
WEEK 1		1 AM: Banana & graham crackers PM: Quesadillas	2 AM: Apple & multigrain crackers PM: Cucumber & dill pickle corn puffs	3 AM: Tortillas with sun butter PM: Carrots & pretzels	4 School Closed
WEEK 2	7 AM: Yogurt & graham crackers PM: Grilled cheese sandwich	8 AM: Oatmeal with blueberries PM: Bell peppers & pretzels	9 AM: Banana & graham crackers PM: Quesadillas	10 AM: Watermelon & multigrain crackers PM: Carrots & pita bread	11 AM: Tortillas with sun butter PM: Cucumber & cheese
WEEK 3	14 AM: Cheerios & milk PM: Bell peppers & multigrain crackers	15 AM: Homemade granola & milk PM: Grilled cheese sandwich	16 AM: Tortillas with sun butter PM: Broccoli & dill pickle corn puffs	17 AM: Banana pancakes PM: Pita bread & carrots	18 AM: Yogurt & strawberries PM: Cucumber & multigrain crackers
WEEK 4	21 AM: Apple & multigrain crackers PM: Cucumbers & pretzels	22 AM: Bananas & graham crackers PM: Carrots baked green pea snacks	23 AM: Watermelon & pretzels PM: Grilled cheese sandwich	24 AM: Tortillas with sun butter PM: Bell peppers & multigrain crackers	25 AM: Cheerios & milk PM: Broccoli & cheese
WEEK 5	28 AM: Banana & graham crackers PM: Tortilla with sun butter	29 AM: Yogurt & strawberries PM: Pita bread & cucumbers	30 AM: Banana pancake PM: Bell peppers & multigrain crackers	31 AM: Watermelon & multigrain crackers PM: Carrots & cheese	

Note: All the foods are cut up and/or cooked to meet the developmental stage of the kids in each group.