

August Snack Menu



	MON	TUE	WED	THU	FRI
WEEK 1					1 AM: Oatmeal & blueberries PM: Broccoli & dill pickle corn puffs
WEEK 2	4 AM: Banana & graham crackers PM: Carrots & pita bread	5 AM: Homemade granola & milk PM: Homemade mini pizzas (tomato sauce, cheese, spinach)	6 AM: Mango, spinach & banana smoothie Mango and multigrain crackers for Sprouts, Saplings & Blossoms PM: Cucumber & cheese	7 AM: Tortillas with sun butter PM: Broccoli & cheese	8 AM: Watermelon & multigrain crackers PM: Potatoes & pretzels
WEEK 3	11 AM: Mango, spinach & banana smoothie Mango and multigrain crackers for Sprouts, Saplings & Blossoms PM: Carrots & cheese	12 AM: Homemade granola & milk PM: Grilled cheese sandwich	13 AM: Tortillas with sun butter PM: Potatoes & veggie straws	14 AM: Cheerios & milk PM: Cucumber & multigrain crackers	15 AM: Yogurt & strawberries PM: Broccoli & dill pickle corn puffs
WEEK 4	18 AM: Tortillas with sun butter PM: Potatoes & pretzels	19 AM: Yogurt & strawberries PM: Cucumber & multigrain crackers	20 AM: Cheerios & milk PM: Grilled cheese sandwich	21 AM: Apple & multigrain crackers PM: Carrots & pita bread	22 AM: Yogurt & strawberries PM: Bell peppers & multigrain crackers
WEEK 5	25 AM: Apple & veggie straws PM: Potatoes & cheese	26 AM: Cinnamon bread & sun butter PM: Grilled cheese sandwich	27 AM: Oatmeal & blueberries PM: Cucumbers & pretzels	28 School Closed	29 School Closed

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