

September Snack Menu



	MON	TUE	WED	THU	FRI
WEEK 1	1 School Closed	2 AM: Banana & graham crackers PM: Cooked russet potato & multigrain crackers	3 AM: Homemade granola & milk PM: Homemade strawberry jam sandwich	4 AM: Mango, spinach & banana smoothie Mango and multigrain crackers for Sprouts, Saplings & Blossoms PM: Carrots & pita bread	5 AM: Cheerios & milk PM: Cucumber & pretzel
WEEK 2	8 AM: Cheerios & milk PM: Grilled cheese sandwich (redwoods Homemade strawberry jam sandwich)	9 AM: Homemade granola & milk PM: Banana & graham crackers	10 AM: Mango, spinach & banana smoothie Mango and multigrain crackers for Sprouts, Saplings & Blossoms PM: Cucumber & pretzel	11 AM: Yogurt & strawberries PM: Bell peppers & multigrain crackers	12 AM: Watermelon & whole grain wheat PM: Carrots & pita bread
WEEK 3	15 AM: Apple & veggie straws PM: Carrots and pretzel	16 AM: Watermelon & veggie straws PM: Banana pancakes	17 AM: Tortillas with sun butter PM: Cucumber & pita bread	18 AM: Oatmeal & blueberries PM: Broccoli & whole grain crackers	19 AM: Pineapple & veggie straws PM: Carrots & multigrain crackers
WEEK 4	22 AM: Cinnamon bread & sun butter PM: Bell peppers & pretzel	23 AM: Yogurt & graham crackers PM: Pineapple & whole grain wheat	24 AM: Oatmeal & blueberries PM: Broccoli & pretzels	25 AM: watermelon & multigrain crackers PM: Carrots & pita bread	26 AM: Apple & veggie straws PM: Cucumber & multigrain crackers
WEEK 5	29 AM: Tortillas with sun butter PM: Apple & whole grain wheat	30 AM: Banana & graham crackers PM: Broccoli & pretzel			

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