

March Snack Menu



	MON	TUE	WED	THU	FRI
WEEK 1	<p>2</p> <p>AM: Banana and veggie straws</p> <p>PM: Tortilla with sunbutter</p>	<p>3</p> <p>AM: Watermelon & whole grain crackers</p> <p>PM: Cucumber & pita bread</p>	<p>4</p> <p>AM: Pineapple & graham crackers</p> <p>PM: Carrots & multigrain crackers</p>	<p>5</p> <p>AM: Cinnamon bread & sun butter</p> <p>PM: Mango & Graham crackers</p>	<p>6</p> <p>AM: Melon & whole grain crackers</p> <p>PM: Bell peppers & pretzel</p>
WEEK 2	<p>9</p> <p>AM: Cinnamon bread & sun butter</p> <p>PM: Pineapple & graham crackers</p>	<p>10</p> <p>AM: Mango, spinach & banana smoothie</p> <p>Mango and multigrain crackers for Sprouts, Saplings & Blossoms</p> <p>PM: Cooked russet potato & multigrain crackers</p>	<p>11</p> <p>AM: Orange & whole grain crackers</p> <p>PM: Carrots & cheese (redwoods & willows carrots & pretzel)</p>	<p>12</p> <p>AM: Apple & graham crackers</p> <p>PM: Cucumber & pretzel</p>	<p>13</p> <p>AM: Melon & whole grain crackers</p> <p>PM: Bell peppers & pita bread</p>
WEEK 3	<p>16</p> <p>AM: Cheerios & milk</p> <p>PM: mango & Graham crackers</p>	<p>17</p> <p>AM: Melon & whole grain crackers</p> <p>PM: Cucumber & pretzel</p>	<p>18</p> <p>AM: Homemade granola & milk</p> <p>PM: Orange & whole grain crackers</p>	<p>19</p> <p>AM: Pineapple & veggie straws</p> <p>PM: Carrots & multigrain cracker</p>	<p>20</p> <p>AM: Tortillas with sun butter</p> <p>PM: Mango & multigrain crackers</p>
WEEK 4	<p>23</p> <p>AM: Cheerios & milk</p> <p>PM: Orange & whole grain crackers</p>	<p>24</p> <p>AM: Strawberries & banana smoothie</p> <p>Strawberries & Veggie straws for Sprouts, Saplings & Blossoms</p> <p>PM: Carrots & pita bread</p>	<p>25</p> <p>AM: Cinnamon bread & sun butter</p> <p>PM: Cucumber & pita bread</p>	<p>26</p> <p>AM: Apple & pretzels</p> <p>PM: Bell peppers & cheese (redwoods & blossom broccoli & pretzel)</p>	<p>27</p> <p>AM: Mango & wheat thins</p> <p>PM: Cooked russet potato & multigrain crackers</p>
WEEK 5	<p>30</p> <p>AM: Cheerios & milk</p> <p>PM: Homemade strawberry jam sandwich</p>	<p>31</p> <p>AM: Melon & whole grain crackers</p> <p>PM: Cucumber & pretzel</p>			

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