

September Snack Menu



	MON	TUE	WED	THU	FRI
WEEK 1		1 AM: Orange & graham crackers PM: Cinnamon bread & sun butter	2 AM: Cheerios & milk PM: Watermelon & graham crackers	3 AM: apple & graham crackers PM: Bell peppers & whole grain wheat	4 AM: Tortillas with sun butter PM: Carrots & pretzel
WEEK 2	7	8 AM: Cheerios & milk PM: Orange & pretzel	9 AM: Apple & veggie straws PM: Cucumber & multigrain crackers	10 AM: Cinnamon bread & sun butter PM: Bell peppers & pretzel	11 AM: Watermelon & whole grain wheat PM: Carrots & pretzel
WEEK 3	14 AM: Tortillas with sun butter PM: Orange & multigrain crackers	15 AM: Cheerios & milk PM: Bell peppers & whole grain wheat	16 AM: Apple & veggie straws PM: Cucumber & multigrain crackers	17 AM: Watermelon & whole grain wheat PM: Carrots & pita bread	18 AM: Cinnamon bread & sun butter PM: Homemade mini pizzas (tomato sauce, cheese, spinach) (sequoias) strawberries & pretzel
WEEK 4	21 AM: Apple & graham crackers PM: Carrots & pretzel	22 AM: watermelon & multigrain crackers PM: Bell peppers & pita bread	23 AM: Cheerios & milk PM: Mango & graham crackers	24 AM: Tortillas & sun butter PM: Orange & whole grain wheat	25 AM: Cinnamon bread & sun butter PM: Mango & graham crackers Mango ice cream & pretzel (sequoias)
WEEK 5	28 AM: Banana & graham crackers PM: Cucumber & pretzel	29 AM: Tortillas with sun butter PM: Orange & whole grain cracker	30 AM: Mango & whole grain wheat PM: Bell peppers & pita bread		

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