

# Sample Snack Menu

Mon	Tue	Wed	Thu	Fri
30		1	2	3
		<b>AM-</b> Turkey/ham roll up, Milk <b>PM-</b> Crackers, Sliced Cheese, Water	<b>AM-</b> English Muffins, Milk <b>PM-</b> Graham Cracker & Cream Cheese Sandwiches, Milk	<b>AM-</b> Apple Slices, String Cheese, Water <b>PM-</b> Pretzels, Milk
6	7	8	9	10
<b>AM-</b> Nutri-Grain Bar, Milk <b>PM-</b> Applesauce, Graham Crackers, Water	<b>AM-</b> Whole Wheat Toast, Milk <b>PM-</b> Cheese Quesadilla, Water	<b>AM-</b> Multigrain Cereal, Milk <b>PM-</b> Ritz Crackers, Fresh Fruit, Water	<b>AM-</b> Waffles, Milk <b>PM-</b> Pretzel Chips, Hummus, Milk Toddler Alternate: Ritz Crackers	<b>AM-</b> English Muffins & Cheese Slice Melts, Water <b>PM-</b> Ice Cream, Strawberries, water
13	14	15	16	17
<b>AM-</b> Multigrain Cereal, Milk <b>PM-</b> Tortilla Chips & Salsa, Milk Toddler Alternate: Cheese Quesadilla	<b>AM-</b> Multigrain Bagel, Milk <b>PM-</b> Goldfish Crackers, Cottage Cheese, Water	<b>AM-</b> Yogurt, Graham Cracker, Water <b>PM-</b> Cereal/Snack Mix, Fresh Fruit, Water	<b>AM-</b> Whole Wheat Toast, Fruit Cocktail, Water <b>PM-</b> Nilla Wafers, String Cheese, Water	<b>AM-</b> Waffles, Milk <b>PM-</b> Graham Cracker & Cream Cheese Sandwiches, Milk
20	21	22	23	24
<b>AM-</b> Banana, Graham Crackers, Water <b>PM-</b> Pretzels, Hummus, Milk	<b>AM-</b> Breakfast Tortilla, Milk <b>PM-</b> Mandarin Oranges, Ritz Crackers, Water	<b>AM-</b> Whole Wheat Toast, Milk <b>PM-</b> Wheat Thins, String Cheese, Water Toddler Alternate: Applesauce	<b>AM-</b> Multi-Grain Cereal, Milk <b>PM-</b> Tortilla & Cream Cheese Roll-Up, Milk	<b>AM-</b> Multigrain Cereal, Milk <b>PM-</b> Nutri-Grain Bar, Milk
27	28	29	30	1
<b>AM-</b> Apple Slices, Cheese Singles, Water <b>PM-</b> Pretzel Chips, Hummus, Milk Toddler Alternative: Ritz Crackers	<b>AM-</b> Yogurt, Graham Crackers, Water <b>PM-</b> Tortilla Chips & Salsa, Milk Toddler Alternative: Goldfish Crackers	<b>AM-</b> Waffles & Milk <b>PM-</b> Popcorn, Dried Cranberries, Milk Toddler Alternative: Veggie Straws	<b>AM-</b> Multi-Grain Cereal, Milk <b>PM-</b> Cheese Quesadilla, Water	<b>AM-</b> Whole Wheat Toast, Milk <b>PM-</b> Yogurt, Fresh Fruit & Water