

Snack Menu – Day and Evening Program

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
Seasonal Citrus ² Pretzels Milk	Bananas English Muffins Sunflower Seed Spread	Challah Bread 100% Fruit Spread Milk	Peach Slices ³ Or Pineapples ³ Cottage Cheese	Trail Mix -Toasted O's, Dried Apples, raisins, Coconut Flakes, Sunflower Seeds Milk
Pinto and Black Bean, Corn, and Tomato ³ Salad with fresh Lime juice Flaxseed Chips	Broccoli ³ Quinoa Salad with Honey Mustard Dressing Black Bean Chips	Pasta Salad ^{GF} with Vegetables (Kale, Cherry Tomatoes) ³ 100% Juice ²	8 Grain Crackers Cheese Slices 100% Apple Juice ²	Seasonal Vegetable ³ Multigrain Cracker ^{GF} Spinach Yogurt Dip
Week 2				
Whole Grain Bread Raisins Soy Butter Milk	Puffins Cereal Bananas Milk	Cherry tomatoes and Carrots ³ Cottage Cheese Brown Rice Cakes	Chex Wheat Squares Dried Apricots ³ Milk	Yogurt Granola Mixed Berries ²
Avocado Mild Salsa ³ Baked Blue Tortilla Chips Bean Dip	Pinto or Black Beans Spinach ³ Cornbread ^{GF} 100% Orange Juice ²	Apple Slices Goat Cheese Whole Wheat Pita Bread V8 Fusion Juice³	Edamame ² Brown Rice Crackers V8 Fusion Juice³	Multi Grain Wheat Thins Provolone Cheese V8 Fusion Juice ³
Week 3				
Whole Wheat Bread Soy Butter 100% Fruit Spread	Seasonal Fruit Combo ³ Whole Wheat Bagels Milk	Apple Slices Mozzarella String Cheese	Puffins Cereal Seasonal Fruit Combo ³ Milk	Wheat Thins Apple Sauce Milk
Cucumber Raita Dip Whole Grain Naan 100% Juice ² Sliced Cucumbers	Unsalted Tortilla Chips Bean Dip 100% Juice ²	Spring Mix ¹ Salad with Carrots ¹ , Cherry Tomatoes ³ and Hard Boiled Egg Whole Grain Goldfish	Wraps with Hummus and Cream Cheese Spread and Carrots ¹ 100% Juice ²	Corn Tortilla Cheese Cubes Orange, Yellow, and Red Bell Pepper Slices ³
Week 4				
Toasted O's Cereal Bananas Milk	Apple Slices Rolled Oats sprinkled with Cinnamon Milk	Seasonal Fruit Combo ³ Cheese Cubes Brown Rice Cakes	Pita Crackers Pimento Cheese Spread V8 Fusion Juice ³	Whole Grain Goldfish Pear Slices ²
Steamed Seasonal Veggie Combo ³ Wheat Thins Herb Yogurt Dip Sub cheese slices for dip	Egg Salad Wheat Crackers 100% Juice ²	Cucumber Rounds Petite Baby Carrots ¹ Hummus Black Bean Chips	Refried Black Beans ^V Shredded Cheese Whole Wheat Tortilla	Multigrain Bread Apple Butter Milk

¹Significant Source of Vitamin A ²Significant Source of Vitamin C

³Significant Source of both Vitamin A and C ^{GF} Gluten Free ^V Vegetarian

MILK IS PROVIDED AT LUNCH

WATER IS OFFERED AT ALL SNACKS AND LUNCH

Items in Blue are for Evening Care

Updated 08/2019