

Snack Menu – Day Program

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
Multigrain Bread Apple Butter Milk	Canned Unsweetened Peach Slices ³ or Pineapple Chunks ³ Cottage Cheese	Toasted O's Cereal Bananas Milk	Whole Wheat Bread Soy Butter 100% Fruit Spread	Trail Mix -Toasted O's, Dried Apples, Raisins, Coconut Flakes, Sunflower Seeds Milk
Corn Tortilla Cheese Cubes Orange, Yellow, and Red Bell Pepper Slices ³	Mixed Citrus ² Pretzels	Unsalted Tortilla Chips Bean Dip 100% Juice ²	Whole Grain Pita Crackers Cucumbers Hummus V8 Fusion Juice ³	8 Grain & Seeds Crackers Cheese Slices 100% Apple Juice ²
Week 2				
Whole Grain Bread Raisins Soy Butter Milk	Puffins Cereal Seasonal Fruit Combo ³ Milk	Seasonal Fruit Combo ³ Soy Butter Brown Rice Cakes	Chex Wheat Squares Dried Apricots ³ Milk	Yogurt Granola Mixed Berries ²
Whole Grain Goldfish Pear Slices ²	Apple Slices Mozzarella String Cheese	Apple Slices Goat Cheese Whole Wheat Pita Bread	Avocado Mild Salsa ³ Baked Blue Tortilla Chips	Sweet Potato Crackers Provolone Cheese V8 Fusion Juice ³

¹Significant Source of Vitamin A

²Significant Source of Vitamin C

³Significant Source of both Vitamin A and C

MILK IS PROVIDED AT LUNCH

WATER IS OFFERED AT ALL SNACKS AND LUNCH