

## Snack Menu – Day and Evening Program

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>				
Mixed Citrus <sup>2</sup> Pretzels Milk	Seasonal Fruit Combo <sup>3</sup> Brown Rice Cakes Milk	Challah Bread 100% Fruit Spread Milk	Peach Slices <sup>3</sup> Cottage Cheese	Multigrain Bread Apple Butter Milk
Pinto and Black Bean, Corn, Mango & Tomato <sup>3</sup> Salad with fresh Lime juice Flaxseed Chips	Celery sticks Apple Slices Hummus Whole Grain Pita Crackers	Herb Yogurt Dip Orange, Yellow, and Red Bell Pepper Slices <sup>3</sup> Multigrain Cracker	8 Grain & Seeds Crackers Cheese Slices 100% Apple Juice <sup>2</sup>	Fruit Salsa Multi Grain Wheat Thins Petite Baby Carrots <sup>1</sup>
<b>Week 2</b>				
Whole Grain Bread Fruit Spread Soy Butter Milk	Toasted O's Cereal Bananas Milk	Pineapple chunks <sup>3</sup> Cottage Cheese	Chex Wheat Squares Dried Apricots Milk	Multi Grain Wheat Thins Apple Sauce Milk
Pear Slices <sup>2</sup> Turkey /Cheese Pinwheels with Lettuce <sup>1</sup>	Seasonal Fruit Combo <sup>3</sup> Vanilla Yogurt Dip Triscuit Crackers	Granola Bars Apple Slices <b>V8 Fusion Juice<sup>3</sup></b>	Avocado Mild Salsa <sup>3</sup> Baked Blue Tortilla Chips <b>Bean Dip</b>	Trail Mix Orange Slices 100% Juice <sup>2</sup>
<b>Week 3</b>				
Bananas WW English Muffins Sunflower Seed Spread Milk	Yogurt Granola Mixed Berries <sup>2</sup>	Apple Slices Mozzarella String Cheese	Puffins Cereal Seasonal Fruit Combo <sup>3</sup> Milk	Whole Wheat Bread Soy Butter 100% Fruit Spread Milk
Unsalted Tortilla Chips Bean Dip Cheese Cubes 100% Juice <sup>2</sup>	Cucumber Spears Herb Yogurt Dip Whole Grain Naan 100% Juice <sup>2</sup>	Pasta Salad with Tomatoes <sup>3</sup> , Peas and Carrots Hard-Boiled Egg	Whole Wheat Pita Bread Goat Cheese V8 Fusion Juice <sup>3</sup>	Chia Pudding Seasonal Fruit Whole Grain Goldfish

<sup>1</sup>Significant Source of Vitamin A    <sup>2</sup>Significant Source of Vitamin C

<sup>3</sup>Significant Source of both Vitamin A and C    <sup>GF</sup> Gluten Free    <sup>V</sup> Vegetarian

**MILK IS PROVIDED AT LUNCH**

**WATER IS OFFERED AT ALL SNACKS AND LUNCH**

*Items in Blue are for Evening Care*

Updated 4/2022