



A.M.* Snack Menu Winter & Spring 2021-2022

* Provided daily in Preschool only.

AM snacks provided to all rooms on PA days, School Breaks and Summer Camp

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|---|---|---|--|---|
| Week 1 | Raisin Bran 2% Milk Fresh Fruit | M.G. Cheerios 2% Milk Fresh Fruit | Shreddies 2% Milk Fresh Fruit | Raisin Bran 2% Milk Fresh Fruit | M.G. Cheerios 2% Milk Fresh Fruit |
| Week 2 | Shreddies 2% Milk Fresh Fruit | Raisin Bran 2% Milk Fresh Fruit | Multigrain Cheerios 2% Milk Fresh Fruit | Shreddies 2% Milk Fresh Fruit | Raisin Bran 2% Milk Fresh Fruit |
| Week 3 | M.G. Cheerios 2% Milk Fresh Fruit | Shreddies 2% Milk Fresh Fruit | Raisin Bran 2% Milk Fresh Fruit | M. G. Cheerios 2% Milk Fresh Fruit | Shreddies 2% Milk Fresh Fruit |
| Week 4 | Raisin Bran 2% Milk Fresh Fruit | M.G. Cheerios 2% Milk Fresh Fruit | Shreddies 2% Milk Fresh Fruit | Raisin Bran 2% Milk Fresh Fruit | M.G. Cheerios 2% Milk Fresh Fruit |

P.M. Snack Menu

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|---------------|---|---|--|--|---|
| Week 1 | Pumpkin Loaf** Fresh Fruit | No Nut Butter Rice Cakes Fresh Fruit | Berry Squares Fresh Fruit | Apple Sauce Whole Wheat Multigrain Crackers | *Tuna Salad Whole Wheat Bagel Fresh Fruit * Rm 105 - Cream Cheese |
| Week 2 | Yogurt Arrowroot Cookies Fresh Fruit | Banana Coconut Loaf Fresh Fruit | Chickpea Dip Whole Wheat Multigrain Crackers Fresh Fruit | No Nut Butter Whole Wheat English Muffins Fresh Fruit | Morning Glory Muffin Fresh Fruit |
| Week 3 | Carrot Cake Fresh Fruit | Sliced Cheddar Bread Sticks Fresh Fruit | Apple Sauce Rice Cake | Gold Fish Raisins | * Egg Salad Whole Wheat Pita Fresh Fruit * 107, JK & 105 - Cream Cheese |
| Week 4 | Yogurt Granola Bar Fresh Fruit | Banana Berry Muffin Fresh Fruit | Ricotta Cream Cheese Whole Wheat Bagel Fresh Fruit | Chickpea Lentil Dip Whole Wheat Pita Veggie Sticks | Nachos Cheese Salsa |

Water available at all times

December 6, 2021

**Updated January 9, 2022