

September Snack

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		Pretzels Peanut Butter HS: Fruit HS: Milk	Graham Crackers Apple Slices HS: Fruit HS: Milk	Trail Mix Juice HS: Fruit HS: Milk	Wheat Thins Cheese Cubes HS: Fruit HS: Milk
Week 2	Gold Fish Apple Juice HS:Fruit HS:Milk	ALL:Banana ALL:Milk	ALL:Cheerios All:Yogurt	Graham Cracker Pineapple HS:Fruit HS:Milk	Cheese Its Apples HS: Fruit HS:Milk
Week 3	ALL:Cheerios ALL:Yogurt	Wheat Thins Cheese Cubes HS:Fruit HS: Milk	Peanut Butter ALL:Banana HS:Milk	Trail Mix ALL:Milk HS:Fruit	Gold Fish Apple Juice HS:Fruit HS:Milk
Week 4	Bug Bites ALL:Milk HS:Fruit	Gold Fish Apples HS:Fruit HS:Milk	Wheat Thins Carrots HS:Fruit HS:Milk	ALL:Turkey Sandwich ALL:Milk	Pretzels ALL:Banana HS:Milk
Week 5	ALL: Yogurt ALL:Banana	Wheat Thins Carrots HS:Fruit HS:Milk	Graham Crackers Apple Juice HS:Fruit HS:Milk		