

Snacks at WOW

Week 1									
AM Snack:	Low sugar Cereal/Milk	AM Snack:	Low sugar Cereal/Milk	AM Snack:	Low sugar Cereal/Milk	AM Snack:	Low sugar Cereal/Milk	AM Snack:	Low sugar Cereal/Milk
PM Snack:	Cereal Bars with real fruit	PM Snack:	Baked Goldfish	PM Snack:	Whole grain pita bread and tomato sauce	PM Snack:	Bananas and vanilla wafers	PM Snack:	Real Cheese and Crackers
Week 2									
AM Snack:	Low sugar Cereal/Milk	AM Snack:	Low sugar Cereal/Milk	AM Snack:	Low sugar Cereal/Milk	AM Snack:	Low sugar Cereal/Milk	AM Snack:	Low sugar Cereal/Milk
PM Snack:	Whole grain Chex Mix	PM Snack:	Peanut butter and crackers	PM Snack:	Natural Applesauce and teddy grahams	PM Snack:	Pears in juice and saltines	PM Snack:	Go-Gurt and saltines

Snacks at WOW are based on a 2-week rotation.

All children over 12 months of age will be provided with vitamin A and D fortified milk at all meals and snacks unless otherwise indicated. All juice served is 100% fruit juice. Children between 12 and 24 months of age will be provided with whole milk. Older children will be provided with 1% milk. Special AM Snack: Whole wheat toast with peanut butter, butter and/or jelly. Classes rotate weekly for special snack.

School Aged AM snack ends at 8:00am. PM school aged snack will be served when they return from public school

All other children and school aged children on full WOW days:

AM Snack: 8:00am-8:30am. Lunch 11:30pm. PM Snack: 2:30pm

Snack menu is sometimes changed due to availability or special events. Please see the posted snack menu outside your child's classroom for change.

Snacks are changed and evaluated frequently during the year so make sure you check back for updates!