

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:	Bananas & Crackers with whole grain	PM Snack:	Natural Applesauce and teddy grahams	PM Snack:	Low fat-Gogurt/crackers with whole grain
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:	Pita with whole grains and tomato sauce	PM Snack:	PB Crackers	PM Snack:	Pears in juice and vanilla wafers w/ whole grains	PM Snack:	Cheese and crackers with whole grains

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!