



A.M.* Snack Menu Winter-Spring 2023

* 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

Week 1	Yogurt Whole Wheat Multigrain Crackers Fresh Fruit	No Nut Butter Whole Wheat English Muffin Fresh Fruit	Gold Fish Crackers Raisins	Apple Berry Sauce Whole Wheat Multigrain Crackers	Bran Banana Loaf Fresh Fruits
Week 2	Yogurt Arrowroot Cookies Fresh Fruit	Zucchini Banana Loaf Fresh Fruit	Soft Cheese Whole Wheat Bagel Fresh Fruit	Carrot Muffin Fresh Fruit	No Nut Butter Raisin Bread Fresh Fruit
Week 3	Apple Berry Sauce Rice Cakes	Yogurt Whole Wheat Multigrain Crackers Fresh Fruit	Gold Fish Crackers Raisins	Apple Berry Loaf Fresh Fruit	Sliced Cheddar Whole Wheat Multigrain Crackers Fresh Fruit
Week 4	Morning Glory Loaf Fresh Fruit	Yogurt Whole Wheat Multigrain Crackers Fresh Fruit	Pumpkin Banana Raisin Loaf Fresh Fruit	Oatmeal Raisin Cookies Fresh Fruit	Nachos Cheese Salsa

Water available at all times