



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

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 * Rms 107 & 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