



Our
CHILDREN'S
CENTER

SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Cheerios, milk & bananas Cucumbers & Ranch Dip	Cereal bars with milk Crackers & cheese	Apples & yogurt Tortilla Chips & Salsa	Graham crackers & applesauce Cantaloupe with milk	Animal crackers with milk Apple slices & yogurt
Cheerios & bananas, milk Veggie straws & hummus	Cereal Bars with milk Chex Mix with milk	Yogurt & bananas Cheese & apples	Strawberries & yogurt Clementines & Goldfish	Pancakes with milk Pretzels & hummus
Cheerios & bananas with milk Graham crackers & applesauce	Raisin bread w/ butter, milk Veggie straws & hummus	Mini bagels w/ cream cheese, milk Chex Mix with milk	Blueberries & yogurt Cereal bars with milk	Apples & yogurt Peppers & hummus
Cheerios & bananas, milk Crackers and cheese	French Toast sticks & milk Cucumbers and ranch dip	Cereal bars with milk Pretzels & raisins	Pancakes with milk Animal crackers & milk	Graham crackers & applesauce Clementines & goldfish

Substitution may be made because of a food allergy/ sensitivity, or if we run out of an above item.

Morning snack: Select 2:

Fruit ½ C.
Bread 1 slice
Cold cereal 1/3 C.
Whole milk or sub. 1/3 C.

Afternoon snack: Select 2:

Fruit ½ C.
Cheese/ Dairy 1 oz. or ½ C.
Bread or grain 1 slice
Veggie or hummus 1/3 C