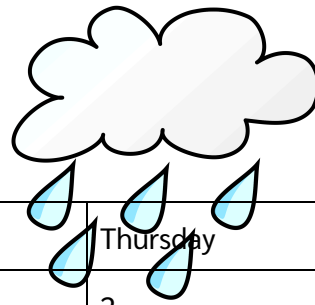


# Morning and Afternoon Snack Menu

## April 2026



| Monday                                                               | Tuesday                                                                   | Wednesday                                                                                                    | Thursday                                                               | Friday                                                                                   |
|----------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| 30<br>AM: chicken sausage, roll, and milk<br>PM: pretzels* & oranges | 31<br>AM: oatmeal* & milk<br>PM: goldfish, cucumber*, carrots*, & avocado | 1<br>AM: yogurt with granola*, apples* & milk<br>PM: ritz crackers, cheese, & seaweed snack*                 | 2<br>AM: cereal*, banana*, & milk<br>PM: goldfish, broccoli*, & ranch  | 3<br>AM: yogurt with blueberries* & milk<br>PM: bell pepper, saltine crackers, & cheese  |
| 6<br>AM: chicken sausage, roll, and milk<br>PM: pretzels* & oranges  | 7<br>AM: oatmeal* & milk<br>PM: goldfish, cucumber*, carrots*, & avocado  | 8<br>AM: yogurt with granola*, apples* & milk<br>PM: ritz crackers, cheese, & seaweed snack*                 | AM: cereal*, banana*, & milk<br>PM: goldfish, broccoli*, & ranch       | 10<br>AM: yogurt with blueberries* & milk<br>PM: bell pepper, saltine crackers, & cheese |
| 13<br>AM: chicken sausage, roll, and milk<br>PM: pretzels* & oranges | 14<br>AM: oatmeal* & milk<br>PM: goldfish, cucumber*, carrots*, & avocado | 15<br>AM: yogurt with granola*, apples* & milk<br>PM: ritz crackers, cheese, & seaweed snack*                | 16<br>Closed for Emancipation Day                                      | 17<br>AM: cereal*, banana*, & milk<br>PM: goldfish, apples*, & ranch                     |
| 20<br>AM: chicken sausage, roll, and milk<br>PM: pretzels* & oranges | 21<br>AM: oatmeal* & milk<br>PM: goldfish, cucumber*, carrots*, & avocado | 22<br>AM: yogurt with granola*, apples* & milk<br>PM: ritz crackers, cheese, seaweed snack*, & Unique Fruit! | 23<br>AM: cereal*, banana*, & milk<br>PM: goldfish, broccoli*, & ranch | 24<br>blueberries* & milk<br>PM: bell pepper, saltine crackers, & cheese                 |
| 27<br>AM: chicken sausage, roll, and milk<br>PM: pretzels* & oranges | 28<br>AM: oatmeal* & milk<br>PM: goldfish, cucumber*, carrots*, & avocado | 29<br>AM: yogurt with granola*, apples* & milk<br>PM: ritz crackers, cheese, & seaweed snack*                | 30<br>AM: cereal*, banana*, & milk<br>PM: goldfish, broccoli*, & ranch | 1<br>AM: yogurt with blueberries* & milk<br>PM: bell pepper, saltine crackers, & cheese  |

**NOTES:** (1) Oatmeal is made with brown sugar. (2) In the Caterpillars, Whales and Frogs classrooms, we may substitute soft fruits/vegetables/crackers for hard fruits and vegetables. (3) We may change the snack menu without notice if, but not limited to, we have a supply issue, your child is not eating the snack provided, or Good Food provided the same fruit for lunch.

\* denotes organic

**Unique Fruit!** - This will be a chance to try an out of the ordinary fruit such as mango, papaya, pitaya, or dates.

**Weekly goals:** 1 yogurt, 3-4 fruits (apple, banana, orange, blueberry, avocado) 3-4 vegetables (cucumber, bell pepper, celery, carrot, seaweed), 1-3 animal proteins, and milk daily