

Morning and Afternoon Snack Menu

February 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	3 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & avocado	4 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	5 AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	6 AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese
9 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	10 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & avocado	11 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	12 AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	13 AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese
16 Closed for Presidents Day	17 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & avocado	18 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, seaweed snack* & Unique Fruit!	19 AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	20 AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese
23 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	24 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & avocado	25 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	26 AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	27 blueberries* & milk PM: bell pepper, saltine crackers, & cheese
2 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	3 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & avocado	4 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	5 AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	6 AM: yogurt with blueberries* & milk 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