

Morning and Afternoon Snack Menu

November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
28. AM: chicken sausage, roll, and milk PM: pretzels* & oranges	29. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	30. AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	31. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	1. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese
4. AM: chicken sausage, roll, and milk PM: pretzels* & oranges	5. Closed for Election Day	6. AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	7. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	8. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese
11. Closed for Veterans Day	12. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	13. AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack* & Unique Fruit!	14. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	15. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese
18. AM: chicken sausage, roll, & milk PM: pretzels* & oranges	19. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	20. AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	21. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	22. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese
25. AM: chicken sausage, roll, & milk PM: pretzels* & oranges	26. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	27. AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	28. Closed for Thanksgiving	29. Closed for Thanksgiving

NOTE: (1) In the Caterpillars, Whales and Frogs classrooms, we may substitute applesauce or another soft fruit/vegetable for hard fruits and vegetables. **(2)** We may change the snack menu without notice in the event of a supply issue or if your child is not eating the snack provided. **(3)** We do not know which fruit Good Food will provide with lunch and we may switch a snack if it contains the same fruit. **(4)** Oatmeal is made with brown sugar

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) 3-4 vegetables (cucumber, bell pepper, celery, carrot, seaweed), 1-3 animal proteins, and milk daily / * denotes organic