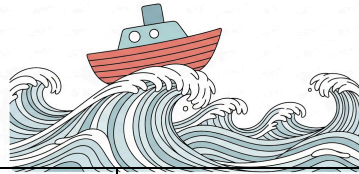


Morning and Afternoon Snack Menu

August 2025



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 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	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 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	12 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	13 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	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, and 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* & Unique Fruit!	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, and milk PM: pretzels* & oranges	26 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	2 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	28 AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	29 Closed for Teacher Development Day

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