

Morning and Afternoon Snack Menu

February 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	4 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	5 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	6 AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	7 AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese
10 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	11 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	12 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	13 AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	14 AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese
17 Closed for President's Day	18 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	19 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack* & Unique Fruit!	20 AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	21 AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese
24 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	25 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	26 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	27 AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	28 AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese
3 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	4 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus	5 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	6 AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	7 AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & cheese

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