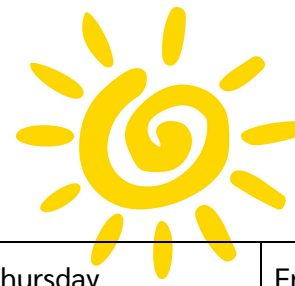


Morning and Afternoon Snack Menu

August 2024



Monday	Tuesday	Wednesday	Thursday	Friday
29. AM: chicken sausage, roll, & milk PM: pretzels* & oranges	30. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus*	31. AM: yogurt with granola*, apples* & milk PM: ritz crackers, string cheese, & seaweed snack*	1. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	2. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & string cheese
5. AM: chicken sausage, roll, and milk PM: pretzels* & oranges	6. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus*	7. AM: yogurt with granola*, apples* & milk PM: ritz crackers, string cheese, & seaweed snack*	8. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	9. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & string cheese
12. AM: chicken sausage, roll, & milk PM: pretzels* & oranges	13. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus*	14. AM: yogurt with granola*, apples* & milk PM: ritz crackers, string cheese, seaweed snack*, and Unique Fruit!	15. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	16. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & string cheese
19. AM: chicken sausage, roll, & milk PM: pretzels* & oranges	20. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus*	21. AM: yogurt with granola*, apples* & milk PM: ritz crackers, string cheese, & seaweed snack*	22. AM: cereal*, banana*, & milk PM: bell pepper, saltine crackers, & string cheese	23. Closed for Teacher Training Day
26. AM: chicken sausage, roll, & milk PM: pretzels* & oranges	27. AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & hummus*	28. AM: yogurt with granola*, apples* & milk PM: ritz crackers, string cheese, & seaweed snack*	29. AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	30. AM: yogurt with blueberries* & milk PM: bell pepper, saltine crackers, & string cheese

NOTE: (1) In the Caterpillars, Monkeys 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