

Morning and Afternoon Snack Menu

November 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	4 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & avocado	5 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	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 Closed on Veterans Day	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 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	18 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & avocado	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*, & avocado	26 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	27 Closed for Thanksgiving	28 Closed for Thanksgiving
1 AM: chicken sausage, roll, and milk PM: pretzels* & oranges	2 AM: oatmeal* & milk PM: goldfish, cucumber*, carrots*, & avocado	3 AM: yogurt with granola*, apples* & milk PM: ritz crackers, cheese, & seaweed snack*	4 AM: cereal*, banana*, & milk PM: goldfish, celery, broccoli*, & ranch	5 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