

Morning Snack Calendar

Please provide for _____ children. All snacks must be nut free, not processed in a plant containing nuts and store bought.

| Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|
| 2 Mandarin orange fruit cups and mozzarella cheese sticks | 3 UNCUT Apples and string cheese | 4 Fresh UNCUT cantaloupe and low sodium ham | 5 Cheerios and vanilla yogurt |
| 9 Sun butter, rice cakes and bananas | 10 Rice Krispies and bananas | 11 *Waffles and jam | 12 English muffins, low sugar jam and fresh UNCUT fruit |
| 16 Fresh UNCUT oranges and cheese sticks | 17 Fresh fruit salad (STORE BOUGHT ONLY) | 18 Shredded mini wheat cereal with fresh UNCUT berries | 19 Wheat toast, jam and UNCUT oranges |
| 23 Mini pancakes and syrup | 24 Whole wheat crackers, sliced cheese and turkey slices | 25 Avocado Wheat Toast and clementines | 26 Whole wheat bagels and cream cheese |
| 30 Multigrain Cheerios (nut free) and bananas | | | |
| | Mandarin orange fruit cups and mozzarella cheese sticks 9 Sun butter, rice cakes and bananas 16 Fresh UNCUT oranges and cheese sticks 23 Mini pancakes and syrup 30 Multigrain Cheerios (nut free) and | 23Mandarin orange fruit cups and mozzarella cheese sticksUNCUT Apples and string cheese910Sun butter, rice cakes and bananasRice Krispies and bananas1617Fresh UNCUT oranges and cheese sticksFresh fruit salad (STORE BOUGHT ONLY)2324Mini pancakes and syrup24Mini pancakes and syrupSliced cheese and turkey slices30Multigrain Cheerios (nut free) and | 2 Mandarin orange fruit cups and mozzarella cheese3 UNCUT Apples and string cheese4 Fresh UNCUT cantaloupe and low sodium ham9 Sun butter, rice cakes and bananas10 Rice Krispies and bananas11 *Waffles and jam16 Fresh UNCUT oranges and cheese sticks17 Fresh fruit salad (STORE BOUGHT ONLY)18 Shredded mini wheat cereal with fresh UNCUT berries23 Mini pancakes and syrup24 Whole wheat crackers, sliced cheese and turkey slices25 Avocado Wheat Toast and clementines30 Multigrain Cheerios (nut free) and3011 Keerios |

*Please be sure ALL snack products are NUT-FREE and not processed in a plant containing nuts.





Afternoon Snack Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|------------------------------------|---------------------------------------|---|--|
| 1 | 2 | 3 | 4 | 5 |
| Cinnamon bread and fresh fruit 5pm: | Club crackers and pears 5pm: | Goldfish and string cheese 5pm: | Wheat Thins and cheddar cheese 5pm: | Yogurt parfait (yogurt, rice Krispies and berries) 5pm: |
| (Milk) | (Milk) | (Milk) | (Milk) | (Milk) |
| 8 | 9 | 10 | 11 | 12 |
| Cereal bars and bananas | Pretzels and cheddar cheese | Wheat thins and vanilla yogurt | Whole wheat toast with low sugar jam | Mini bagels with cream cheese and raisins |
| 5pm: | 5pm: | 5pm: | 5pm: | 5pm: |
| (Milk) | (Milk) | (Milk) | (Milk) | (Milk) |
| 15 | 16 | 17 | 18 | 19 |
| Mild cheddar cheese and sliced apples | Apple sauce and graham crackers | Kids Healthy Choice © | Quesadillas and salsa | Vitamin fortified cereal bars |
| 5pm: | 5pm: | 5pm: | 5pm: | 5pm: |
| (Milk) | (Milk) | (Milk) | (Milk) | (Milk) |
| 22 | 23 | 24 | 25 | 26 |
| Cheese sticks and fresh orange slices | Cheerios and sliced bananas | English muffin pizzas | Pretzels and string cheese | Celery and sunflower butter |
| 5pm: | 5pm: | 5pm: | 5pm: | 5pm: |
| (Milk) | (Milk) | (Milk) | (Milk) | (Milk) |
| 29 | 30 | | | |
| Cheese and crackers | Kids Healthy Choice | | | |
| 5pm: | 5pm: | | | |
| (Milk) | (Milk) | | | |

