

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)			

