

# February

## Morning Snack Calendar

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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>2</b>  Fresh UNCUT bell peppers, cream cheese and fresh UNCUT fruit	<b>3</b>  *Whole wheat toast and yogurt	<b>4</b>  Fresh UNCUT oranges and white cheese sticks	<b>5</b>  *Avocado Toast (whole wheat bread and avocados) and clementines	<b>6</b>  Raisins, sliced yellow cheese and sliced turkey
<b>9</b>  Fresh UNCUT oranges and healthy crackers	<b>10</b>  Whole wheat tortillas with sun butter and jelly	<b>11</b>  *Raisin bread and cream cheese	<b>12</b>  *Apples and sun butter	<b>13</b>  *English muffins, strawberry jam and fresh UNCUT strawberries  
<b>16</b>  CVDS CLOSED- President's Day  	<b>17</b>  *Fresh UNCUT Strawberries and vanilla yogurt	<b>18</b>  *Waffles and jam	<b>19</b>  *Bananas and cottage cheese	<b>20</b>  *French toast sticks and low sugar syrup
<b>23</b>  *Whole wheat bagels, cream cheese and bananas	<b>24</b>  *Mini pancakes and low sugar syrup	<b>25</b>  *Low sugar cereal and bananas	<b>26</b>  Nature's Bakery Fig bars and fresh fruit	<b>27</b>  *Oatmeal and fresh UNCUT berries

# FEBRUARY

## Afternoon Snack Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>2</b> Pita bread, carrots and hummus  5PM Snack: _____  (Milk)	<b>3</b> Fresh fruit and whole wheat crackers  5PM Snack: _____  (Milk)	<b>4</b> Cheddar cheese and celery sticks  5PM Snack: _____  (Milk)	<b>5</b> String cheese and whole wheat crackers  5PM Snack: _____  (Milk)	<b>6</b> Pears and Pretzels  5PM Snack: _____  (Milk)
<b>9</b> Carrots and ranch dressing  5PM Snack: _____  (Milk)	<b>10</b> Cheerios and Bananas  5PM Snack: _____  (Milk)	<b>11</b> Applesauce and graham crackers  5PM Snack: _____  (Milk)	<b>12</b> Triscuit crackers, cheese and fresh fruit  5PM Snack: _____  (Milk)	<b>13</b> Whole Wheat Toast, strawberry jam and fresh fruit  5PM Snack: _____  (Milk)
<b>16</b> CVDS CLOSED for President's Day  	<b>17</b> Red bell peppers, hummus and Wheat Thins  5PM Snack: _____  (Milk)	<b>18</b> Quesadillas and salsa  5PM Snack: _____  (Milk)	<b>19</b> Apples and string cheese  5PM Snack: _____  (Milk)	<b>20</b> English Muffin pizzas  5PM Snack: _____  (Milk)
<b>23</b> Rice cakes, sun butter and jelly  5PM Snack: _____  (Milk)	<b>24</b> Whole wheat crackers, cheddar cheese and fresh fruit  5PM Snack: _____  (Milk)	<b>25</b> Animal crackers and yogurt  5PM Snack: _____  (Milk)	<b>26</b> String cheese and apple slices  5PM Snack: _____  (Milk)	<b>27</b> Whole wheat mini bagels, cream cheese and bananas  5PM Snack: _____  (Milk)

