

Morning Snack Calendar

February

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

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

FEBRUARY

Afternoon Snack Calendar

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

