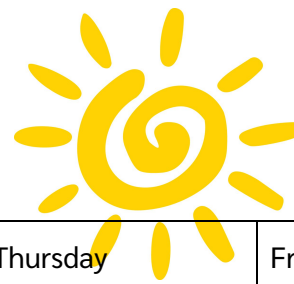


Morning and Afternoon Snack Menu

August 2022



Monday	Tuesday	Wednesday	Thursday	Friday
1. AM: chicken sausage, roll, and milk PM: pretzels and oranges	2. AM: yogurt with fresh blueberries* and milk PM: bell pepper*, saltine crackers, and string cheese	3. AM: cereal, banana*, and milk PM: turkey and cucumber*	4. AM: oatmeal and milk PM: carrots* and hummus*	5. AM: chicken sausages, apples* and milk PM: ritz crackers & string cheese
8. AM: chicken sausage, roll, and milk PM: oranges and ritz crackers	9. AM: chicken sausage, pita bread, and milk PM: cucumbers* and ritz crackers	10. AM: cereal, banana*, and milk PM: string cheese and ritz crackers	11. AM: oatmeal and milk PM: carrots* and hummus*	12. AM: yogurt with organic granola** and milk PM: apples* and graham crackers
15. AM: chicken sausage, roll, and milk PM: carrots*, ranch, and goldfish	16. AM: yogurt with fresh blueberries* and milk PM: apples* and graham crackers	17. AM: cereal, banana*, and milk PM: turkey and oranges	18. AM: oatmeal and milk PM: carrots*, hummus*, AND Unique Fruit!	19. AM: chicken sausages, apples* and milk PM: ritz crackers & string cheese
22. AM: chicken sausage, roll, and milk PM: oranges and ritz crackers	23. AM: yogurt with fresh blueberries* and milk PM: bell pepper*, saltine crackers, and string cheese	24. AM: cereal, banana*, and milk PM: ritz crackers, cucumber*, and ranch	25. AM: oatmeal and milk PM: carrots* and hummus*	26. AM: yogurt with organic granola** and milk PM: apples* and graham crackers
29. AM: chicken sausage, roll, and milk PM: pretzels and oranges	30. AM: yogurt with fresh blueberries* and milk PM: bell pepper*, saltine crackers, and string cheese	31. AM: cereal, banana*, and milk PM: turkey and cucumber*	1. AM: oatmeal and milk PM: carrots* and hummus*	2. AM: chicken sausages, apples* and milk PM: ritz crackers & string cheese

Weekly goals: 1-2 yogurts, 3-4 fruits (apple, banana, orange, blueberry) 2-3 vegetables (cucumber, bell pepper, carrot), 1-2 hummus, 2-4 animal proteins, and milk daily / * denotes organic

NOTE: (1) In the Pirates, Monkeys and Frogs classrooms, we may substitute applesauce or another soft fruit/vegetable for hard fruits and vegetables. **(2)** We may change the snack menu without notice in the event of a supply issue or if your child is not eating the snack provided. **(3)** We do not know which fruit Good Food will provide with lunch; as such, we may switch the afternoon snack if it contains the same fruit as lunch.

****ORGANIC GRANOLA** - This contains pumpkin seeds and flax seeds

Unique Fruit! - This will be a chance to try an out of the ordinary fruit such as mango, papaya, pitaya, or dates.