



## 2019-2020 Snack Menu

### AM SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Reduced Sugar Cereal (28g.) 1% White Milk (8 oz.)	4 oz.. Yogurt Whole Grain Toast (28g.) 1% White Milk (8oz.)	Whole Grain Reduced Sugar Cereal (28g.) 1% White Milk (8 oz.)	Seasonal Fresh Fruit (3/4c)  1% White Milk (8oz.)	Fun Friday

### PM SNACK MENU - WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2 Bagel (28g.) Cream Cheese  1% White Milk (8oz.)	3/4 cup of Canned Fruit Nature Valley Cinnamon Graham Crackers (28g.)  Water	3/4 Cup Fresh Veggies Carrots, Celery, Grape Tomatoes, Cucumbers Ranch Dip Cup Whole Grain Crackers (28g.)  Water	Cheddar Cheese Stick (1oz.) Whole Grain Goldfish (28g.)  Water	Fun Friday

### PM SNACK MENU - WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mozzarella Cheese Stick (1oz.) Whole Grain Goldfish (28g.)  Water	Seasonal Fresh Fruit (3/4 c) Nature Valley Cinnamon Graham Crackers (28g.)  Water	Turkey (1oz.) & Cheese (1oz.) Whole Grain Bread (28g.) Sandwich  Water	Whole Grain Sweet Bread Slice (28g.)  1% White Milk (8oz.)	Fun Friday

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