

## Weekly Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PM Snack:</b> String Cheese Fresh fruit	<b>PM Snack:</b> Veggies with Ranch	<b>PM Snack:</b> String Cheese Fresh fruit	<b>PM Snack:</b> Veggies with Ranch	<b>PM Snack:</b> Tortillas, shredded cheese, pepperoni

All snacks are served with milk or water. We do not serve juice.

Additional fruit and/or vegetables may be served with any of the snacks listed in order to use all of our supplies. We purchase produce and dairy weekly, depending on what looks the best at the store and what is in season.

Fruit may include the following: apples, bananas, blackberries, blueberries, cantaloupe, kiwi, mango, oranges, pineapples, raspberries, strawberries, and watermelon.

Veggies may include the following: broccoli, broccoli slaw, cauliflower, carrots, celery, cucumbers, peppers, salad, spinach, and tomatoes.

Cheese may be American, mozzarella or cheddar.

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Children are offered a light snack around 5:00 to hold them over until dinner. Such snacks may include goldfish, veggie straws, wheat thins, Pirates Booty, pretzels, or graham crackers.

\*\* We ask that parents only substitute snacks from home if a child has an allergy to what is on the menu. Please do not send in sweet treats such as pastries and doughnuts for breakfast or snack as this discourages your child and his or her peers from making healthy choices when we present them. We respect your right to choose such foods for your child, but ask that you do so at home and not at school.