

Snack Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Cucumbers, hummus & tortilla chips or rice cakes	2 Olives, cheese & whole grain crackers or rice cakes	3 Grapes, yogurt & graham crackers or rice cakes	4 Mandarin Oranges & popcorn	5
6	7 Apples & Pretzels or Rice Cakes	8 Carrots, hummus & tortilla chips or rice cakes	9 Broccoli, cheese & whole grain crackers or rice cakes	10 Bananas, yogurt & graham crackers or rice cakes	11 Edamame and popcorn	12
13	14 Grapes & Pretzels or Rice Cakes	15 Cucumbers, hummus & tortilla chips or rice cakes	16 Olives, cheese & whole grain crackers or rice cakes	17 Grapes, yogurt & graham crackers or rice cakes	18 Mandarin Oranges & popcorn	19
20	21 Apples & Pretzels or Rice Cakes	22 Carrots, hummus & tortilla chips or rice cakes	23 Broccoli, cheese & whole grain crackers or rice cakes	24 Bananas, yogurt & graham crackers or rice cakes	25 Edamame and popcorn	26
27	28 Grapes & Pretzels or Rice Cakes	29 Cucumbers, hummus & tortilla chips or rice cakes	30 Olives, cheese & whole grain crackers or rice cakes			