

# July

2022

## Snack Menu

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

Alternatives will be provided to those with allergies