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Chack Mona										
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
31	1	2	3	4	5	6				
	Grapes & Pretzels or Rice Cakes	Carrots, hummus & tortilla chips or rice cakes	Broccoli, cheese & whole grain crackers or rice cakes	Bananas, yogurt & graham crackers or rice cakes	Mandarin Oranges & popcorn					
7	8	9	10	11	12	13				
	Apples & Pretzels or Rice Cakes	Cucumbers, hummus & tortilla chips or rice cakes	Olives, cheese & whole grain crackers or rice cakes	Grapes, yogurt & graham crackers or rice cakes	Edamame and Popcorn					
14	15	16	17	18	19	20				
	Grapes & Pretzels or Rice Cakes	Carrots, hummus & tortilla chips or rice cakes	Broccoli, cheese & whole grain crackers or rice cakes	Bananas, yogurt & graham crackers or rice cakes	Mandarin Oranges & popcorn					
21	22	23	24	25	26	27				
	Apples & Pretzels or Rice Cakes	Cucumbers, hummus & tortilla chips or rice cakes	Olives, cheese & whole grain crackers or rice cakes	Grapes, yogurt & graham crackers or rice cakes	Edamame and Popcorn					
28	29	30	1	2	3	4				
	Grapes & Pretzels or Rice Cakes	Carrots, hummus & tortilla chips or rice cakes	Broccoli, cheese & whole grain crackers or rice cakes	Bananas, yogurt & graham crackers or rice cakes	Mandarin Oranges & popcorn					

Alternatives will be provided to those with allergies