

August

2022

Snack Menu

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

Alternatives will be provided to those with allergies