

August

2023

Snack Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Cucumbers, hummus & tortilla chips or rice cakes	2 Olives, cheese & whole grain crackers or rice cakes	3 Watermelon, yogurt & graham crackers or rice cakes	4 Edamame & popcorn	5
6	7 Grapes & 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 Mandarin Oranges & popcorn	12
13	14 Apples & Pretzels or Rice Cakes	15 Cucumbers, hummus & tortilla chips or rice cakes	16 Olives, cheese & whole grain crackers or rice cakes	17 Watermelon, yogurt & graham crackers or rice cakes	18 Edamame & popcorn	19
20	21 Grapes & 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 Mandarin Oranges & popcorn	26
27	28 Apples & Pretzels or Rice Cakes	29 Cucumbers, hummus & tortilla chips or rice cakes	30 Olives, cheese & whole grain crackers or rice cakes	31 Watermelon, yogurt & graham crackers or rice cakes	1 Edamame & popcorn	2

Alternatives will be provided to those with allergies