

## Snack Menu – Day and Evening Program

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>				
Seasonal Citrus <sup>2</sup> Pretzels Milk	Bananas English Muffins Sunflower Seed Spread	Challah Bread 100% Fruit Spread Milk	Peach Slices <sup>3</sup> Cottage Cheese	Trail Mix - Toasted O's, Dried Fruit Bits, Coconut Flakes, Sunflower Seeds Milk
Pinto and Black Bean, Corn, and Tomato <sup>3</sup> Salad with fresh Lime juice Flaxseed Chips	Broccoli <sup>3</sup> Quinoa Salad with Honey Mustard Dressing Black Bean Chips	Pasta Salad <sup>GF</sup> with Vegetables (Kale, Cherry Tomatoes) <sup>3</sup> 100% Juice <sup>2</sup>	8 Grain Crackers Cheese Slices 100% Apple Juice <sup>2</sup>	Seasonal Vegetable <sup>3</sup> Multigrain Cracker <sup>GF</sup> Spinach Yogurt Dip
<b>Week 2</b>				
Whole Grain Bread Raisins Soy Butter Milk	Puffins Cereal Bananas Milk	Cottage Cheese Seasonal Vegetables <sup>3</sup> Brown Rice Cakes	Chex Wheat Squares Dried Apricots <sup>3</sup> Milk	Yogurt Granola Mixed Berries <sup>2</sup>
Avocado Mild Salsa <sup>3</sup> Baked Blue Tortilla Chips <b>Bean Dip</b>	Cooked Spinach <sup>3</sup> Cornbread <sup>GF</sup> 100% Orange Juice <sup>2</sup>	Apple Slices Goat Cheese Whole Wheat Pita Bread <b>V8 Fusion Juice<sup>3</sup></b>	Edamame <sup>2</sup> Brown Rice Crackers <b>V8 Fusion Juice<sup>3</sup></b>	Multi Grain Wheat Thins Provolone Cheese V8 Fusion Juice <sup>3</sup>
<b>Week 3</b>				
Whole Wheat Bread Soy Butter 100% Fruit Spread	Seasonal Fruit Combo <sup>3</sup> Whole Wheat Bagels Milk	Apple Slices Mozzarella String Cheese	Shredded Wheat Seasonal Fruit Combo <sup>3</sup> Milk	Triscuits Apple Sauce Milk
Cucumber Raita Dip Whole Grain Naan 100% Juice <sup>2</sup> <b>Sliced Cucumbers</b>	Unsalted Tortilla Chips Bean Dip 100% Juice <sup>2</sup>	Romaine Lettuce <sup>1</sup> Salad with Carrots <sup>1</sup> , Cherry Tomatoes <sup>3</sup> and Hard Boiled Egg Cheddar Bunnies	Lettuce <sup>1</sup> & Carrot <sup>1</sup> Wraps with Hummus and Cream Cheese Spread 100% Juice <sup>2</sup>	Corn Tortilla Cheese Cubes Red Pepper Slices <sup>3</sup>
<b>Week 4</b>				
Toasted O's Cereal Bananas Milk	Apple Slices Rolled Oats sprinkled with Cinnamon Milk	Seasonal Fruit Combo <sup>3</sup> Cheese Cubes	Pita Crackers Pimento Cheese Spread V8 Fusion Juice <sup>3</sup>	Whole Grain Goldfish Pear Slices <sup>2</sup>
Seasonal Veggie Combo <sup>3</sup> Wheat Thins Herb Yogurt Dip <b>Sub cheese slices for dip</b>	Tofu "Egg" Salad Wheat Crackers 100% Juice <sup>2</sup>	Cucumber Rounds Petite Baby Carrots <sup>1</sup> Hummus <b>Black Bean Chips</b>	Refried Black Beans <sup>V</sup> Shredded Cheese Whole Wheat Tortilla	Multigrain Bread Apple Butter Milk

<sup>1</sup>Significant Source of Vitamin A    <sup>2</sup>Significant Source of Vitamin C

<sup>3</sup>Significant Source of both Vitamin A and C    <sup>GF</sup> Gluten Free    <sup>V</sup> Vegetarian

**MILK IS PROVIDED AT LUNCH**

**WATER IS OFFERED AT ALL SNACKS AND LUNCH**

*Items in Blue are for Evening Care*

Updated 03/2017