


APRIL 2018 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 AM: CHEESE STICK PM: THIN RICE CAKES AND HUMMUS	3 AM: BANANAS PM: EGGS AND PEARS	4 AM: FRUIT SMOOTHIE PM: WHOLE GRAIN CHIPS AND FRUIT SALSA	5 AM: OVEN BAKED FRIES PM: CARROT AND CHEESE STICKS (Cauliflower and Cheese 1's)	6 AM: CANTALOUPE PM: PB JELLY WW PINWHEELS
9 AM: APPLE SLICES PM: ZUCCHINI STICKS AND RANCH; FRESH WW BREAD	10 AM: PRETZELS PM: RAISIN SCONES	11 AM: POPCORN (RICE CAKES 1 YR OLDS) PM: HUMMUS AND WHOLE GRAIN CRACKERS	12 AM: WATERMELON PM: 7 GRAIN MUFFINS AND ORANGES	13 AM: WHOLE GRAIN ZUCCHINI BREAD PM: TUNA PINWHEELS
16 AM: CANTALOUPE PM: SNAP PEAS AND CARROTS IN BEAN DIP	17 AM: ORANGES PM: ZUCCHINI CREAM CHEESE BOATS AND CRACKERS	18 AM: CELERY STICKS (1's = Broccoli) WITH PEANUT BUTTER PM: WHOLE GRAIN BLUEBERRY MUFFINS	19 AM: APPLESAUCE PM: FRUIT PINWHEELS ON WW TORTILLAS	20 AM: CARROT (1's Zucchini) STICKS WITH HUMMUS PM: EGG AND WW BREAD
23 AM: APPLE PB SANDWICHES PM: CUCUMBER CREAM CHEESE SANDWICHES	24 AM: LOW SUGAR GRANOLA BALL PM: CHEESE TOAST	25 AM: PEARS PM: APPLE RICE CAKES WITH PEANUT BUTTER	26 AM: FRUIT SALAD PM: CINNAMON RAISIN BREAD AND JELLY	27 AM: BANANAS PM: CARROT MUFFINS
30 AM: BROCCOLI AND ZUCCHINI IN LF RANCH PM: STRAWBERRY SCONES				

*All fruits and vegetables are fresh. Any grain will be whole wheat or multi-grain. All milk based products such as cheeses are 2% or low fat. All meats should be lean cut and low sodium. Any dip will be low fat or fat free. All snacks served with water unless otherwise noted. All foods are non-GMO if not all organic. Some substitutions may be made for 1 year olds as needed.