


MAY 2018 SNACK MENU

Monday	Tuesday	Wednes4day	Thursday	Friday
	1 AM: BANANA PB SANDWICHES PM: PUMPKIN CURRANT MUFFINS	2 AM: SWEET POTATO FRIES PM: CUCUMBER CHEESE SANDWICHES	3 AM: BREAD AND JELLY PM: CAULIFLOWER AND BROCCOLI WITH HUMMUS	4 AM: CHEESE STICKS PM: APPLE SLICES AND WHOLE GRAIN CHIPS
7 AM: WATERMELON SLICES PM: FRUIT SMOOTHIES; PRETZELS	8 AM: APPLESAUCE PM: CARROT RAISIN MUFFINS	9 AM: VEGGIE CREAM CHEESE WRAPS PM: GRAPES AND WHOLE WHEAT CRACKERS	10 AM: ORANGES PM: CINNAMON RAISIN WHOLE WHEAT BREAD	11 AM: WHOLE GRAIN BLUEBERRY MUFFINS PM: CHEESE TOAST
14 AM: EGG AND PEARS PM: CELERY WITH PEANUT BUTTER AND CURRANTS (ANTS ON A LOG)	15 AM: ZUCCHINI STICKS IN RANCH PM: BLUEBERRY OAT BARS	16 AM: CANTALOUPE PM: FROZEN FRUIT BARS; WHOLE WHEAT CRACKERS	17 AM: ZUCCHINI MUFFINS PM: EGGS AND BREAD	18 AM: APPLE RICE CAKES PM: OPEN FACED CUCUMBER SANDICHES ON WHOLE WHEAT BREAD
21 AM: MIXED FRUIT SALAD PM: LETTUCE CHEESE WRAPS	22 AM: APPLE PB SANDWICHES PM: BANANA YOGURT DIPPERS	23 AM: GRAPES PM: POPCORN TRAIL MIX	24 AM: CELERY STICKS (1'S APPLES) PM: BLUEBERRY WHOLE WHEAT SCONES	25 AM: CARROTS (1'S CAULIFLOWER) PM: CUCUMBER TUNA BOATS
28 AM: ORANGES PM: PEPPER STICKS IN HUMMUS	29 AM: RAISINS PM: VEGGIE SANDWICHES ON WHOLE WHEAT BREAD	30 AM: LOW SUGAR POWER BALLS PM: SNAP PEAS AND CARROTS (CAULIFLOWER) IN RANCH; WW CRACKERS	31 AM: PINEAPPLE SLICES PM: THIN RICE CAKES; PEANUT BUTTER; HONEY	 Golden Rule Grocers

*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.