

# MARCH 2018 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>AM:</b> Apples <b>PM:</b> Cinnamon whole grain rice cakes and bananas	<b>2</b> <b>AM:</b> Whole wheat bread <b>PM:</b> PB Jelly whole wheat pinwheels
<b>5</b> <b>AM:</b> Celery and peanut butter <b>PM:</b> Pretzels and applesauce	<b>6</b> <b>AM:</b> Cantaloupe <b>PM:</b> Bean dip and carrots	<b>7</b> <b>AM:</b> Tropical smoothie <b>PM:</b> Apples and peanut butter	<b>8</b> <b>AM:</b> Multigrain chips <b>PM:</b> 7 Grain mini muffins and oranges	<b>9</b> <b>AM:</b> Currants <b>PM:</b> Egg and whole grain bread
<b>12</b> <b>AM:</b> Broccoli and ranch <b>PM:</b> Veggie pinwheels	<b>13</b> <b>AM:</b> Cucumber chips and bean dip <b>PM:</b> Eggs and carrot sticks	<b>14</b> <b>AM:</b> Celery sticks <b>PM:</b> Pears and Cheddar Cheese	<b>15</b> <b>AM:</b> Rainbow fruit/veggie platter <b>PM:</b> Zucchini Muffins	<b>16</b> <b>AM:</b> Carrot sticks <b>PM:</b> Popcorn trail mix
<b>19</b> <b>AM:</b> Cheese sticks <b>PM:</b> Hummus and crackers	<b>20</b> <b>AM:</b> No bake low-sugar granola ball <b>PM:</b> Celery, peanut butter, and raisins	<b>21</b> <b>AM:</b> Apple rice cake <b>PM:</b> Pumpkin muffins	<b>22</b> <b>AM:</b> Cantaloupe <b>PM:</b> Tuna pinwheels	<b>23</b> <b>AM:</b> Applesauce <b>PM:</b> Carrots with hummus
<b>26</b> <b>AM:</b> Pretzels <b>PM:</b> Apple peanut butter sandwich	<b>27</b> <b>AM:</b> Lemon blueberry whole wheat biscuits <b>PM:</b> Celery with cream cheese	<b>28</b> <b>AM:</b> Sorghum baby pop"corn" <b>PM:</b> Baked oat and fruit bars	<b>29</b> <b>AM:</b> Bananas <b>PM:</b> Bread with apple butter	<b>30</b> <b>AM:</b> Oranges <b>PM:</b> Cheese toast

\*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.

