

## Teachable Moments Snack Menu

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week One</b>	<p><b><u>Morning:</u></b> Cereal Bar</p> <p><b><u>Afternoon:</u></b> Cream Cheese &amp; Whole Wheat Crackers</p>	<p><b><u>Morning:</u></b> Whole Wheat Waffles &amp; Apple Sauce</p> <p><b><u>Afternoon:</u></b> Apples &amp; Veggie Sticks</p>	<p><b><u>Morning:</u></b> Cheerios &amp; Banana</p> <p><b><u>Afternoon:</u></b> Cucumber &amp; Annie's Organic Puffs</p>	<p><b><u>Morning:</u></b> Whole Wheat Bread &amp; Jam</p> <p><b><u>Afternoon:</u></b> Yogurt &amp; Graham Crackers</p>	<p><b><u>Morning:</u></b> Multi-Grain Cheerios &amp; Banana</p> <p><b><u>Afternoon:</u></b> Strawberries or Watermelon &amp; Whole Grain Goldfish</p>
<b>Week Two</b>	<p><b><u>Morning:</u></b> Cereal Bar</p> <p><b><u>Afternoon:</u></b> Yogurt &amp; Graham Crackers</p>	<p><b><u>Morning:</u></b> Cheerios &amp; Banana</p> <p><b><u>Afternoon:</u></b> Apples &amp; Veggie Sticks</p>	<p><b><u>Morning:</u></b> Whole Wheat Waffles &amp; Apple Sauce</p> <p><b><u>Afternoon:</u></b> Cucumber and Annie's Organic Puffs</p>	<p><b><u>Morning:</u></b> Multi-Grain Cheerios &amp; Banana</p> <p><b><u>Afternoon:</u></b> Strawberries or Watermelon &amp; Whole Grain Goldfish</p>	<p><b><u>Morning:</u></b> Whole Wheat Bread &amp; Jam</p> <p><b><u>Afternoon:</u></b> Cream Cheese &amp; Whole Wheat Crackers</p>

\*\*\* Organic Milk (Whole Milk in Infants & 1% in Toddler, Preschool and Pre-K) will be served with morning snack. Water will be served with lunch and afternoon snack. Please pack a thermos of milk if you would like your child to have milk with lunch. \*\*\*A variety of berries are served seasonally and 100% no sugar added frozen fruit pops or Frozen Organic Go-Gurts are served occasionally during the summer. (Red=Organic)  
Please circle items you do not want your child to have. **Mark with an A if they are allergic.**

Child's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_