

Teachable Moments Snack Menu

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