

Teachable Moments Snack Menu

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