

## Snack-Week # 2

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
  <b>AM</b> <b>S</b> <b>N</b> <b>A</b> <b>C</b> <b>K</b>	Mini Muffin Poppers *Banana *Blueberry *Raspberry  Fresh Fruit  Milk/Water	Yogurt  Fresh Fruit  Water/ Milk	Nutri-grain Bars  Unsweetened Applesauce  Milk/Water	Raisin Toast  Cottage Cheese  Margarine  Fresh Fruit  Milk/Water	Choice of Cereal *Cheerios, * Rice Krispies, *Special K, *Life, *Bran Flakes  Fresh Fruit  Milk/Water
<b>PM</b> <b>S</b> <b>N</b> <b>A</b> <b>C</b> <b>K</b>	Mini Pitas  Pizza Sauce Shredded Mozzarella Cheese  Vegetable Sticks  Milk/Water	Trail Mix (cheerios, goldfish crackers, pretzels, Seeds or Granola Mix)  Apple Slices with sprinkled Cinnamon  Milk/Water	“Create Your Own” Cheese & Fruit Kabobs  Milk/Water	Whole Wheat Pita Wedges  Salsa  Avocado Dip  Vegetable Chunks  Milk/Water	Pumpernickel Bread  Spinach dip  Vegetable Sticks  Milk/Water

Fruit and vegetables include several varieties: banana, grapes, apple, kiwi, orange, cantaloupe, pineapple, peach, melon, cucumber, carrots, lettuce, tomatoes, peppers, broccoli, cauliflower.