

## Snack - Week # 3

|  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|---|--|
| <b>AM<br/>S<br/>N<br/>A<br/>C<br/>K</b>   | Whole Wheat Croissants<br>Plain Cream Cheese<br>Fresh Fruit<br>Water/<br>Milk        | Pancakes<br>Pure Maple Syrup<br>Fresh Fruit<br>Milk/Water | Whole Wheat English Muffin<br>Cheddar Cheese Slices<br>Margarine/Jam<br>Fresh Fruit<br>Water/<br>Milk | Plain Oatmeal<br>Cinnamon<br>Fresh Fruit<br>Milk/Water              | Choice of Cereal<br>*Cherrios,<br>* Rice Krispies,<br>*Special K,<br>*Life,<br>*Bran Flakes<br>Fresh Fruit<br>Milk/Water |
| <b>PM<br/>S<br/>N<br/>A<br/>C<br/>K</b>   | Pita Wedges<br>Cheddar Cheese<br>Salsa<br>Sour Cream<br>Raw Vegetables<br>Milk/Water | Animal Crackers<br>Unsweetened Applesauce<br>Milk/Water   | Frozen Yogurt<br>Fresh Fruit<br>Milk/Water  | Rice Crackers<br>Apple Slices Sprinkled with Cinnamon<br>Milk/Water | Real Cheddar Cheese on Whole Wheat Bread<br>Raw Vegetables Sticks<br>Water/<br>Milk                                      |

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