


Snack - Week # 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">AM</p> <p style="text-align: center;">S</p> <p style="text-align: center;">N</p> <p style="text-align: center;">A</p> <p style="text-align: center;">C</p> <p style="text-align: center;">K</p>	<p>French Toast Sticks</p> <p>Pure Maple Syrup</p> <p>Fresh Fruit</p> <p>Milk/Water</p>	<p>Vanilla Yogurt</p> <p>Granola</p> <p>Fresh Fruit</p> <p>Milk/Water</p>	<p>English Muffin</p> <p>Real Cheddar Cheese Slices</p> <p>Unsweetened Jam</p> <p>Fresh Fruit</p> <p>Milk/Water</p>	<p>Scones:</p> <ul style="list-style-type: none"> - Whole Grain - Cranberry - Blueberry <p>Fresh Fruit</p> <p>Milk/Water</p>	<p>Choice of Cereal</p> <ul style="list-style-type: none"> *Cheerios, * Rice Krispies, *Special K, *Life, *Bran Flakes *Seed Mix <p>Fresh Fruit</p> <p>Milk/Water</p>
<p style="text-align: center;">PM</p> <p style="text-align: center;">S</p> <p style="text-align: center;">N</p> <p style="text-align: center;">A</p> <p style="text-align: center;">C</p> <p style="text-align: center;">K</p>	<p>Multigrain Bread</p> <p>Tahini & Babaganoush Dip</p> <p>Pickles</p> <p>Vegetable Slices</p> <p>Milk/Water</p>	<p>Crunchy Rice Rolls</p> <p>Black Bean Dip</p> <p>Vegetable Chunks</p> <p>Milk/Water</p>	<p>Vegetable Platter</p> <p>Whole Wheat Bread Sticks or Melba Toast</p> <p>Ranch/Veggie Dip</p> <p>Milk/Water</p>	<p>Wheat Thins or Soft Tortilla Triangles</p> <p>Monterey Jack & Havarti Cheese</p> <p>Vegetable Chunks</p> <p>Water/ Milk</p>	<p>Mini Whole Wheat Pita or Naan Bread</p> <p>Hummus Tzatziki</p> <p>Vegetable Sticks</p> <p>Milk/Water</p>

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