



SNACK MENU - Starting Feb 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		February		
15	16	17	18	19
FAMILY DAY	Cereal trail mix, yoghurt tube & apple	Whole wheat crackers, cheddar cheese cubes & melon	Homemade hummus, whole wheat pita and veggies	Homemade blueberry muffin, yoghurt tube & banana
22	23	24	25	26
Cereal trail mix, yoghurt tube & banana	Whole wheat bagel half with WOW butter & carrots and celery	Apple sauce, fresh baked oatmeal raisin cookie, cheese cubes	Homemade muffin with yoghurt tube & apple	Cheese cubes, whole wheat pita & oranges
		March		
1	2	3	4	5
Graham crackers, yoghurt tube & apple	Ranch dip whole wheat pita and veggies	Homemade blueberry muffin, yoghurt tube & banana	Whole wheat crackers, cheddar cheese cubes & a pear or orange	Cereal trail mix, yoghurt tube & apple
8	9	10	11	12
Apple, fresh baked oatmeal raisin cookie, yoghurt tube	Cheese cubes, whole wheat pita & a pear/orange	Apple sauce, fresh baked oatmeal raisin cookie, cheese cubes	Homemade muffin with yoghurt tube & banana	Whole wheat bagel half with WOW butter & Carrots
15	16	17	18	19
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
22	23	24	25	26
Cereal trail mix, yoghurt tube & apple	Apple sauce, fresh baked oatmeal raisin cookie, cheese cubes	Homemade muffin with yoghurt tube & banana	Ranch dip whole wheat pita and veggies	Cheese cubes, whole wheat pita & oranges
29	30	31	1	2
Apple sauce, fresh baked oatmeal raisin cookie, cheese cubes	Hummus, whole wheat pita and veggies	Whole wheat crackers, cheddar cheese cubes & a pear or orange	Homemade muffin with yoghurt tube & banana	NO SCHOOL
		April		
5	6	7	8	9
NO SCHOOL	Ranch dip whole wheat pita and veggies	Homemade blueberry muffin, yoghurt tube & banana	Whole wheat crackers, cheddar cheese cubes & a pear or orange	Whole wheat bagel half with WOW butter & Carrots
12	13	14	15	16
Apple, fresh baked oatmeal raisin cookie, yoghurt tube	Cheese cubes, whole wheat pita & a pear/orange	Apple sauce, fresh baked oatmeal raisin cookie, cheese cubes	Homemade muffin with yoghurt tube & banana	Cereal trail mix, yoghurt tube & apple
19	20	21	22	23
Cookie, cheese cubes & apple	Hummus, whole wheat pita and veggies	Homemade blueberry muffin, yoghurt tube & banana	Graham crackers, yoghurt tube & apple	Whole wheat crackers, cheddar cheese cubes & a pear or orange
26	27	28	29	30
Cereal trail mix, yoghurt tube & apple	Apple sauce, fresh baked oatmeal raisin cookie, cheese cubes	Homemade muffin with yoghurt tube & banana	Ranch dip whole wheat pita and veggies	Whole wheat bagel half with WOW butter & Carrots
3	4	5	6	7
Graham crackers, yoghurt tube & apple	Ranch dip whole wheat pita and veggies	Homemade blueberry muffin, yoghurt tube & banana	Whole wheat crackers, cheddar cheese cubes & a pear or orange	Cereal trail mix, yoghurt tube & apple
10	11	12	13	14
Apple, fresh baked oatmeal raisin cookie, yoghurt tube	Cheese cubes, whole wheat pita & a pear/orange	Apple sauce, fresh baked oatmeal raisin cookie, cheese cubes	Homemade muffin with yoghurt tube & banana	Hummus, whole wheat pita and veggies

SNACKS/FRUITS MAY BE SWITCHED AROUND WITHIN A GIVEN WEEK BASED ON INVENTORY. EACH WEEK WILL HAVE 5 DIFFERENT SNACKS.