

WEEK #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 AM snack	Corn bran and milk	Toast & Strawberry preserve	Bagels and cream cheese	Toast & Strawberry preserve	Yogurt and Seasonal fruit
PM snack	Cheese, Crackers & Seasonal fruit	Pita Wedges & Veggies with dip	Fruit Salad & Cookies	Trail Mix With raisins and dried Fruit	Oatmeal Loaf & Seasonal fruit
Week 2 AM snack	Nutrigrain bars And orange juice	Cheerio's and milk	English muffins And orange juice	Apple sauce and graham wafers	Fruit salad and dry cereal mix
PM snack	Melba toast with cheese and cucumbers	Banana Bread & Seasonal Fruit	Rice Cakes & Seasonal Fruit	Fruit Bread & Carrots	Nachos and Salsa
Week 3 AM snack	Rice Krispies and milk	Nutrigrain bars And orange juice	Yogurt and peaches	English muffins with cinnamon spread	Toast & Strawberry preserve
PM snack	Bran Cookies & Seasonal Fruit	Oatmeal Loaf & Fruit	Cheese Crackers & Fruit	Pita Wedges & Veggies with dip	Fruit Salad & Cookies
Week 4 AM snack	Yogurt and fruit	English muffins & Seasonal fruit	Mini Bagels and cream cheese	Fruit salad and dry cereal mix	Raisin Bran cereal And milk
PM snack	Salsa and Nachos	Apple sauce And Graham wafers	Citrus Cookies & Seasonal Fruit	Melba toast & Cream cheese	Banana Bread & Seasonal Fruit