

S.E.C.C. Fall/Winter PM Snack Menu

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week 1	Apple Raisin Yogurt Salad Cinnamon Bread Water	Cottage Cheese Dip Vegetable Slices Water	Cheese & Wheat Crackers Water	Cranberry Quinoa Cookies Fruit Juice	Pumpkin Humus Apple Slices Water
Week 2	Goldfish Crackers Fruit Juice	Focaccia Bread Fruit Juice	Cauliflower or Broccoli Tots Dipping Sauce Fruit Juice	Apple Oat Cookies Milk	Cottage Cheese Peaches Bran Water
Week 3	Sweet Potato Muffins Fruit Juice	Gingerbread Yogurt Dip Apple Sticks Water	Roasted Garbanzo Beans Wheat Crackers Water	Pizza Scones Fruit Juice	Tossed Salad Slice of Bread Water
Week 4	Black Eyed Pea Dip Taco Chips Water	Turkey Sausage Rolls Fruit Juice	Pumpkin Bread Milk	Soft Pretzels Fruit Juice	Cinnamon Apple Chex Mix Fruit Juice
Week 5	Bread Pudding Milk	Pumpkin Spice Yogurt Bran Cereal Water	Humus Vegetable Slices Water	Corndog Muffins Fruit Juice	Hard Boiled Eggs Wheat Crackers Water
Week 6	Baked Apples Bran Nuggets Water	Fruit Salsa Cinnamon Pita Chips Fruit Juice	Cranberry Orange Scones Orange Slices Water	Refried Bean Cheese & Veggie Cups Crackers Water	Pretzels Fruit Juice

*** Children under the age of 2 years are served whole milk, Children over 2 years are served 1% milk.

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