

JULY— EC & EL Combined Snack Menu: AM & PM & CH

M O N D A Y		T U E S D A Y		W E D N E S D A Y		T H U R S D A Y		F R I D A Y	
								1	
								AM - Oatmeal & Dired Fruit PM - Quesadilla & Salsa CH - Pretzels & Mandarin Oranges	
4		5		6		7		8	
School Closed Independence Day		AM - Snack Mix w/OJ PM - Bagels & Cream Cheese CH - Cherrios & Milk		AM - Belvita & Applesauce PM - Ritz Crackers & Cheese CH - Popcorn & Milk		AM - Fruit Leather & Pretzels PM - Snack Mix & Milk CH - Triscuts & Cheese		AM - Graham Crackers & Berries PM - Tuna Salad & Crackers CH - Pita Chips & Hummus	
11		12		13		14		15	
AM - Yogurt & Granola PM - String Cheese & Snap Peas CH - Goldfish & Milk		AM - Oatmeal & Blueberries PM - Turkey Roll-ups & Carrots CH - Chips & Salsa		AM - Waffles & Berries PM - Chicken Salad & Crackers CH - Celery & Ranch		AM - Cottage Cheese & Grapes PM - Quesadilla & Guacamole CH - Fruit Salad & Pretzels		AM - Watermelon & Graham Crackers PM - Cheese & Crackers CH - Popcorn & Strawberries	
18		19		20		21		22	
AM - Granola Bars & Applesauce PM - Edamame & Bell Peppers CH - Olives & Wheat Thins		AM - Blueberry Muffins, Milk PM - Fruit Salad CH - Oranges & Goldfish		AM - Yogurt & Granola PM - Tuna Salad & Crackers CH - Nilla Wafers, bananas & Milk		AM - Ants on Log (Celery, Soy butter & Raisins) PM - Cheese Slices & Watermelon CH - Fig Newtons, Raspberries		AM - Cherrios & Milk PM - English Muffin Pizzas CH - Honeydew, Pretzels	
25		26		27		28		29	
AM - Hardboiled Egg & Bread PM - String Cheese & Snap Peas CH - Goldfish Crackers & Strawberries		AM - Bagel w/cream cheese PM - Cheese Quesadilla & Guacamole CH - Yogurt, Granola, Fruit		AM - Raisin Bread w/soy butter PM - Animal Crackers, Kiwi CH - Nilla Wafers, Milk		AM - Cantaloupe & Cinnamon Tortillas PM - Cottage Cheese & Grapes CH - String Cheese & Fruit		AM - Peppers & Crackers PM - Hummus, Olives & Crackers CH - Tortilla Chips & Salsa	

Note: The beverage is water unless otherwise noted. PM Snack is prepared for Toddler & Early Childhood classrooms only. Snack Mix is Goldfish, Pretzels, Cheerios, Raisins. Menus are subject to change without notice.