



Woodinville Montessori School
a nonprofit organization

December 2022

Snack Menu for Toddler, Early Childhood & Elementary
(AM, PM & Club House)

Monday	Tuesday	Wednesday	Thursday	Friday
			1 AM – Dried Pears, Cottage Cheese PM – Pesto Cheese Tortellini, Steamed Broccoli CH – Kiwi, Mini Pretzels	2 AM – Yogurt, Dried Blueberries, Granola PM – Grilled Chicken, Lettuce, Croutons, Ranch CH – Carrots, Tzatziki Sauce, Pita Bread
5 AM – Aussie Bites, Milk, Orange Slices PM – Cornbread Muffin, Pears CH – Crunch master Crackers, Snap Peas	6 AM – Applesauce, Fig Bars PM – Steamed Fresh Green Beans, Cheese Sticks, Popcorn CH – Guacamole, Tortilla Chips, Salsa	7 AM – Waffles, Sliced Apples PM – Veggie Burgers, Cucumbers, Ranch CH – Cinnamon Apple Chips, Banana	8 AM – Cheerios, Milk, Frozen Strawberries PM – Bean/Cheese Quesadilla, Salsa CH – String Cheese, Carrots	9 AM – WW Toast, Butter, HB Eggs PM – Vanilla Yogurt, Frozen Mixed Berry, Frozen Spinach Smoothie CH – Hummus, WG Tortilla Chips
12 AM – Chex Mix, Melon PM – Turkey/Shredded Carrot Tortilla Roll up, Snack Mix CH – Mozzarella Balls, Small Sweet Peppers	13 AM – Cheerios, Milk PM – Fresh Steamed Broccoli, Hummus, Veggie Straws CH – Nutri-Grain Bars, Mini Gouda Cheese	14 AM – Egg Slices, WW Slices, Pineapple Chunks PM – 7-Layer Dip, Jicama, Tortilla Chips CH – Animal Crackers, Cheese slices, Orange Slices	15 AM – Oatmeal, Dried Cranberries PM – Sunflower butter roll up, Banana Slices CH – Avocado Slices, Cucumbers, Saltines	16 AM – Cinnamon Belvita Bars, Pear Slices PM – Tuna Salad, Wheat Thins, Carrots CH – Pirate Booty, Dried Peas, Dried Blueberries
19 AM – Raisin Bread, Cream Cheese, Green Apples PM – Banana Bread, Oranges CH – Hummus, Veg Chips, Cucumber	20 AM – Pancakes, Sliced Pears PM – Vanilla Yogurt, Frozen Mango, Frozen Spinach Smoothie CH – Veggie Tray: Carrots, Cucumber, Celery with Ranch	21 No School - Camp in Session Winter Break AM – Cottage Cheese, Pineapple PM – Pesto Turkey Pinwheel Wraps, Carrots CH – Graham Crackers, Strawberry Cream Cheese, Oranges	22 No School - Camp in Session Winter Break AM – Bagels, Cream Cheese, Apples PM – Nachos with cheese, black beans, salsa CH – Sweet Bell Peppers, String Cheese, Snack Mix	23 No School - Camp in Session Winter Break AM – Oatmeal, Dried Blueberries PM – Celery w/Soy nut butter, Dried Apples CH – Dried Mango, Pretzels
26 School Closed – Winter Break	27 School Closed – Winter Break	28 School Closed – Winter Break	29 School Closed – Winter Break	30 School Closed – Winter Break

Note: The beverage is water unless otherwise noted. PM Snack is served in Toddler/Early Childhood Classrooms only. Snack Mix is Goldfish, Pretzels, Cheerios, Golden Raisins. Menus are subject to change without notice.