

Heart Centered Early Learning Snack Menu

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
AM S- Yogurt & Strawberries PM S- ,Milk, Oranges & Pretzels	AM—Cheerios w/ Milk & Grapes PM— Ham & Cheese Slices w/ Milk	AM—Banana Muffins w/ Milk PM- String Cheese & Goldfish Crackers	AM— Bagels & Mixed Berries PM—Bell Pepper, Cucumber & Wheat Thins
AM—Oatmeal Squares, Craisins w/ Milk PM— Sun Chips & Blueberries	AM—Dried Apples w/ Milk PM— Carrots, Cucumber w/ Ranch & Ritz Crackers	AM—Cottage Cheese & Pineapple PM—Pretzels & Hummus w/ Milk	AM— Hardboiled Egg & Strawberries w/ Milk PM— Dried Mango & Sun Chips
AM—Grapes & Go-Gurt Yogurt Tubes PM—Celery, Raisins & Milk	AM— Blueberry Muffin, Strawberries & Milk PM— Turkey Slices & Wheat Thins	AM—Yogurt & Mandarins PM—Broccoli, Hummus, Grapes w/ Milk	AM— Apples & Cheese w/ Milk PM— Veggie Chips & Cucumber w/ Ranch
AM— Cheerios, Bananas & Milk PM— Oranges & Wheat Thins	AM— Cottage Cheese & Pineapple PM— Pita Bread, Carrots, Hummus w/ Milk	AM— Banana Muffins & Milk PM— Sun Chips & Carrots w/ Ranch	AM— Special K, Raisins w/ Milk PM— Bagels , Blue Berries & Cream Cheese
AM—Go-Gurt Yogurt Tubes & Goldfish Crackers PM—Club Crackers & Dried Mangos & Milk	AM—Oatmeal Squares Cereal, Craisins & Milk PM— Pretzels & Grapes	AM— Mixed Berries & Animal Crackers PM— Tortilla, Peanut Butter w/ Milk	AM— Bananas & Hard Boiled Eggs w/ Milk PM—Veggie Chips & Apples
<ul style="list-style-type: none"> • <i>Water is available at every meal</i> • <i>Milk will be served with at least one snack a day as posted</i> • <i>Substitutions for food allergies and sensitivities will be made as needed</i> • <i>Whole wheat crackers will be used whenever possible</i> 			

