

# AUG SNACK MENU

## HEART CENTERED EARLY LEARNING





### 5TH-8TH

- M** AM: GREEK YOGURT, BLUEBERRIES   
PM: CARROTS, CELERY, WHEAT THINS
- T** AM: BAGELS, CREAM CHEESE & STRAWBERRIES  
PM: BELL PEPPERS, HUMUS, RITZ 
- W** AM: OATMEAL, BANANAS   
PM: STRING CHEESE, BROCCOLI, CUCUMBER
- TH** AM: FRENCH TOAST, APPLESAUCE   
PM: HAM & CHEDDAR CUBES

### 12TH-15TH

- M** AM: PEANUT BUTTER, GRAHAM CRACKERS   
PM: CHEEZE ITZ, CAULIFLOWER
- T** AM: HARD BOILED EGG, SOURDOUGH BREAD   
PM: EDAMAME, BLACK BEANS, PRETZELS
- W** AM: COTTAGE CHEESE, PINEAPPLE   
PM: PITA BREAD, HUMMUS, ORANGES
- TH** AM: CHEERIOS, MELON   
PM: PIRATE BOOTY, GRAPES

### 19TH-22ND

- M** AM: PANCAKES, STRAWBERRIES   
PM: CHICKEN SALAD, WHEAT THINS
- T** AM: GREEK YOGURT, BERRY MIX   
PM: TURKEY, MOZ SLICES, RITZ
- W** AM: CELERY, PEANUT BUTTER   
PM: GR CHICKEN, PEAS IN PASTA
- TH** AM: CHEERIOS, PEARS   
PM: WHOLE WHT ROLL, W/ HONEY BUTTER

### 26TH-29TH

- M** AM: FIG BARS, APPLES   
PM: COTTAGE CHEESE, PEACHES
- T** AM: SPECIAL K, RASPBERRIES   
PM: CHEDDAR BISCUIT & MILK
- W** AM: RITZ, PEANUT BUTTER   
PM: HARD BOILED EGGS, HAM SLICES
- TH** AM: FRENCH TOAST, APPLESAUCE   
PM: HAM & CHEDDAR CUBES

