

 Snack Menu

Monday

 Morning Oatmeal Cereal Bar with bananas and water

 Afternoon Red pepper and cucumber salad and water

Tuesday

 Morning Strawberry, cream cheese roll ups and water

 Afternoon Whole wheat pita with plain hummus and water

Wednesday

 Morning Apple slices w/Sunflower Seed Butter and water

Afternoon Yogurt, graham crackers and bananas and water

 Thursday

Morning Fruit Salad with greek yogurt and water

Afternoon Wheat crackers with cheddar cheese and water

 Friday

Morning Bagel with cream cheese and water

Afternoon Cottage cheese with peaches and water