

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