

September Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Special Notes
CHALK Preschool is CLOSED for Labor Day!	3 Morning Whole Wheat Bread & Jelly Afternoon Carrots & Hummus	4 Morning Yogurt Blueberries Afternoon Mozzarella Tortilla Wrap	5 Morning Cheerios Raisins Afternoon Carrots & Ranch dip	6 Morning Yogurt & Granola Afternoon Pretzels Hummus	Serving Sizes Cereal 1/3 c. Pretzels 3 lg/10 sm Multigrain Crackers 2 Townhouse/Ritz/Club 3 Multigrain Bread 1/2 Slice Yogurt 1/2 c. Apple Slices 3 Avocado 1/4 c.
9 Morning Yogurt & Peaches Afternoon Carrots & Ranch dip	10 Morning Multigrain bread and Jelly Afternoon Saltines Raisins	11 Morning Graham Crackers Craisins Afternoon Mozzarella Ritz Crackers	12 Morning Oatmeal & Blueberries Afternoon Pretzels Craisins	13 Morning Multigrain bread and Sun Butter Afternoon Wheat Tortilla & Sun butter wrap	Graham Crackers 1 Wheat Thins 8 Cheez-Its 14 Goldfish 20 Veggie Chips 15 Baked Crackers 14 Baked Pita Chips 10 Oatmeal 1/2 c Milk 1 C Mandarins 1/2 c
16 Morning Mult. Grain Crackers Mandarins Afternoon Seaweed Mango	17 Morning Cereal Bar Afternoon Pretzels Hummus	18 Morning Sun Butter Mult. Grain Bread Afternoon Wheat Crackers Mozzarella	19 Morning Oatmeal Peaches Afternoon Graham Crackers & Sun Butter	20 Morning Applesauce Graham Cracker Afternoon Pita Chips Hummus	Dried Fruit 1/6 c. Frozen Berries 1/2 c. Cheese 1 Cereal Bars 1 Seaweed 3 Hummus 1/4 c. Bananas 1/2 c. Strawberries 1/2 c. Whole grain tortilla 1
23 Morning Wheat Crackers Raisins Afternoon Seaweed Craisins	24 Morning Oatmeal Blueberries Afternoon Saltines Mozzarella	25 Morning Apple Sauce Crackers Afternoon Hummus Crackers	26 Morning Multigrain bread and Sun Butter Afternoon Goldfish Craisins	27 Morning Oatmeal Peaches Afternoon Blueberries Ritz	Applesauce 1/2 c. Apricots 5 Banana/Apple Chips 1/2 cup Mangos 1.5oz Veggie Straws 1oz Sun Butter 1 tbsp Granola 1/4 c Cucumber 1/2 c Carrot sticks 1 cup
30 Morning Mandarins & Cheerios Afternoon Sun butter & Tortilla Wrap	Back To School!				