



Snack Menu

Fall 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Trail Mix (GF) Bananas	Pumpkin Oat Bites (GF, ♥) Milk	Cucumber Pretzel Crisps Yogurt Dipping Sauce ♥	Green Beans Woven Wheats
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Fresh Mixed Berries Cheese Cubes	Strawberry & Cucumber Salad Pita Bread	Herbed Bagel Bites Marinara Sauce	Yogurt Granola (GF, ♥)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Mandarin Oranges Rice Crackers	Macaroni & Cheese ♥	Black Bean Spread ♥ Whole Wheat Tortillas	Baked Cinnamon Apples ♥ String Cheese
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Coconut Milk Yogurt (DF) Frozen Mango	Spanish Rice ♥ Roasted Squash and Zucchini	Sweet Potatoes Sugar Snap Peas	Whole Wheat Pasta Peas Marinara Sauce
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Broccoli Woven Wheats	Avocado Dip ♥ Whole Wheat Tortillas	Pumpkin Hummus ♥ Pita Chips	Overnight Oats (GF, ♥) Frozen Mixed Berries
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Applesauce Pretzel Crisps	Caprese Salad ♥ Toast	Brown Rice Edamame	Rice Cakes Sunbutter Raisins

Our goal is to provide organic, non-GMO, low gluten, and whole grain snacks as much as possible.

♥ = Homemade by Kari

DF = Made with coconut milk/dairy free GF = Gluten Free

AUGUST				SEPTEMBER				OCTOBER				NOVEMBER				DECEMBER				JANUARY				FEBRUARY				MARCH				APRIL							
M	T	W	R	M	T	W	R	M	T	W	R	M	T	W	R	M	T	W	R	M	T	W	R	M	T	W	R	M	T	W	R	M	T	W	R	M	T	W	R
			1	2	3	4	5		1	2	3					2	3	4	5			1	2					3	4	5	6	10	11	12	13	7	8	9	10
5	6	7	8	9	10	11	12	7	8	9	10	4	5	6	7	9	10	11	12	6	7	8	9	3	4	5	6	10	11	12	13	7	8	9	10				
12	13	14	15	16	17	18	19	14	15	16	17	11	12	13	14	16	17	18	19	13	14	15	16	10	11	12	13	17	18	19	20	14	15	16	17				
19	20	21	22	23	24	25	26	21	22	23	24	18	19	20	21	23	24	25	26	20	21	22	23	17	18	19	20	24	25	26	27	21	22	23	24				
26	27	28	29	30				28	29	30	31	25	26	27	28	30	31			27	28	29	30	24	25	26	27	31				28	29	30					

