

SNACK CALENDAR July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 AM: Fruit sunbutter/pita PM: Veggies quesadillas	3 AM: : Fruit eggs/bagels PM: Veggies cheese	4 NO SCHOOL	5 AM: Fruit/ WG cereal/ milk PM: Veggies pasta	6 AM: Fruit yogurt granola PM: Cupboard Choice
9 AM: Fruit cereal milk PM: Veggies WW crackers	10 AM: Fruit pancakes honey PM: Veggies rice	11 AM: Fruit yogurt granola PM: Veggies quesadillas	12 AM: Fruit English muffin pizza PM: Veggies WG pasta	13 AM: Fruit eggs bagels PM: Veggies trail mix
16 AM: Fruit waffles honey PM: Veggies/rice crackers/humus	17 AM: Apple sauce/WW tortillas/sun butter PM: Veggies Pita crackers	18 AM: Fruit /WG cereal/milk PM: Veggies cheese	19 AM: Fruit eggs biscuits PM: Veggies WG crackers	20 AM: Fruit bagels cream cheese PM: Cupboard choice
23 AM: Fruit eggs toast PM: Veggies WG crackers	24 AM: Fruit WG cereal milk PM: Veggies brown rice	25 AM: Fruit eggs WG pita bread PM: Veggies pasta	26 AM: Fruit English muffins cheese PM: Veggies humus WG crackers	27 AM: Fruit eggs tortillas PM: Veggies quesadillas
30 AM: Fruit/ WG cereal/ milk PM: Veggies cheese	31 AM: Fruit yogurt granola PM: Veggies rice			

WW= whole wheat. WG+ Whole Grain Fruit and veggies will be fresh and seasonal unless indicated. Cupboard Choice always includes fruit/veggie. If your child is allergic to any of these snacks, you will need to provide snack for your child. Please let your child's teacher know if you are providing snack.