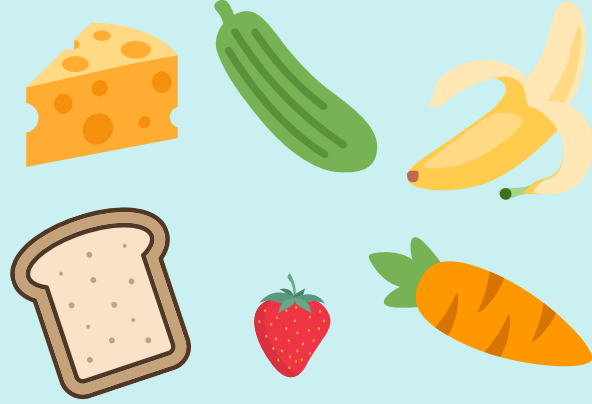




AUGUST

SNACK MENU



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	LATE PM SNACK
MON	<p>AM: Organic banana & sushi (wrapped sliced banana + sunbutter)</p> <p>PM: Sliced cucumber & carrots</p>	<p>AM: Organic banana smoothie</p> <p>PM: Organic air-fried zucchini with hummus</p>	<p>AM: Organic banana & sushi (wrapped sliced banana + sunbutter)</p> <p>PM: Sliced cucumber & carrots</p>	<p>AM: Organic banana smoothie</p> <p>PM: Organic air-fried zucchini with hummus</p>	<p>AM: Organic granola with organic yogurt & sliced bananas</p> <p>PM: Organic sweet potato & cocoa ice cream</p>	<p>Organic clementines & Cheerios</p>
TUE	<p>AM: Organic watermelon & Cheerios</p> <p>PM: Organic roasted beets, peppers & hummus</p>	<p>AM: Organic banana pancake</p> <p>PM: Black bean roll-ups (tortilla with black beans, corn, tomato)</p>	<p>AM: Organic watermelon & Cheerios</p> <p>PM: Organic roasted beets, peppers & hummus</p>	<p>AM: Organic banana pancake</p> <p>PM: Black bean roll-ups (tortilla with black beans, corn, tomato)</p>	<p>AM: Organic frozen yogurt bark with berries</p> <p>PM: Organic spinach quesadillas</p>	<p>Organic apples & lentil chips</p>
WED	<p>AM: Organic oatmeal with raisins</p> <p>PM: Organic Mediterranean wrap (tortilla with hummus, cucumber slices, chives & feta cheese)</p>	<p>AM: Organic yogurt parfait (with homemade granola & berries)</p> <p>PM: Organic refried beans with cheese & corn tortilla chips</p>	<p>AM: Organic oatmeal with raisins</p> <p>PM: Organic Mediterranean wrap (tortilla with hummus, cucumber slices, chives & feta cheese)</p>	<p>AM: Organic yogurt parfait (with homemade granola & berries)</p> <p>PM: Organic refried beans with cheese & corn tortilla chips</p>	<p>AM: Organic frozen banana covered with sunbutter & sprinkled with raisins</p> <p>PM: Organic sweet potato & cocoa ice cream</p>	<p>Watermelon & Cheerios</p>
THU	<p>AM: Cinnamon bread with organic sunbutter</p> <p>PM: Organic roasted carrots with tahini dip & sunbutter bread slices</p>	<p>AM: Organic apple sliders</p> <p>PM: Organic roasted sweet potatoes & carrots with organic yogurt/cucumber dip</p>	<p>AM: Cinnamon bread with organic sunbutter</p> <p>PM: Organic roasted carrots with tahini dip & sunbutter bread slices</p>	<p>AM: Organic apple sliders</p> <p>PM: Organic roasted sweet potatoes & carrots with organic yogurt/cucumber dip</p>	<p>AM: Organic frozen yogurt bark with berries</p> <p>PM: Organic spinach quesadillas</p>	<p>Veggie sticks & clementines</p>
FRI		<p>AM: Smoothie (organic spinach, mango and oats & rice milk) with Cheerios</p> <p>PM: Celery sticks with hummus</p>	<p>AM: Orange slices & multigrain tot rice crackers</p> <p>PM: Oatmeal with raisins</p>	<p>AM: Smoothie (organic spinach, mango and oats & rice milk) with Cheerios</p> <p>PM: Celery sticks with hummus</p>	<p>AM: Organic granola with organic yogurt & sliced bananas</p> <p>PM: Organic sweet potato & cocoa ice cream</p>	<p>Cinnamon bread with sunbutter</p>

Summer Campers will prepare their own individual portions

[Links to Well Kitchen YouTube Recipe + Video](#)

*For children under 3 years of age (Sprouts & Saplings)