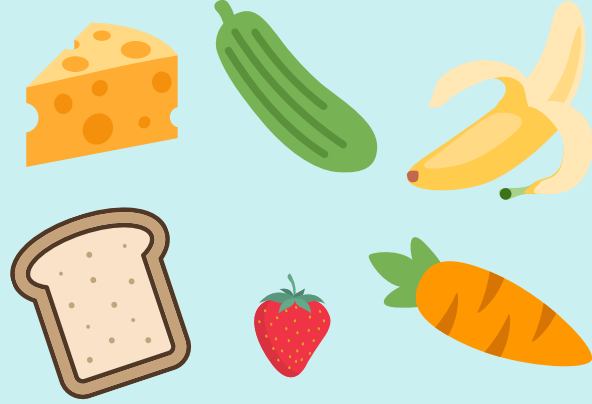




SEPTEMBER

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 with Cheerios</p> <p>PM: Organic air-fried zucchini with hummus</p>	<p>AM: Organic banana with Cheerios</p> <p>PM: Organic sliced cucumber & carrots with hummus</p>	<p>AM: Organic banana with Cheerios</p> <p>PM: Organic air-fried zucchini with hummus</p>	<p>AM: Organic banana with Cheerios</p> <p>PM: Organic sliced cucumber & carrots with hummus</p>	<p>Organic watermelons & crackers</p>
TUE	<p>AM: Organic watermelon & Cheerios</p> <p>PM: Organic roasted beets, peppers & hummus</p>	<p>AM: Organic watermelon with cinnamon bread</p> <p>PM: Black bean roll-ups (tortilla with black beans, corn, tomato, cheese)</p>	<p>AM: Cinnamon bread with subutter</p> <p>PM: Organic spinach quesadilla</p>	<p>AM: Organic watermelon with cinnamon bread</p> <p>PM: Black bean roll-ups (tortilla with black beans, corn, tomato, cheese)</p>	<p>AM: Cinnamon bread with subutter</p> <p>PM: Organic spinach quesadilla</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 spinach quesadillas</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 spinach quesadillas</p>	<p>AM: Organic oatmeal with raisins</p> <p>PM: Organic Mediterranean wrap (tortilla with hummus, cucumber slices, chives & feta cheese)</p>	<p>Organic banana & 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 bread filled with sunbutter & banana slices</p> <p>PM: Organic roasted sweet potatoes & carrots with organic whole grain crackers</p>	<p>AM: Organic frozen banana covered with sunbutter & sprinkled raisins</p> <p>PM: Organic roasted carrots with whole wheat crackers</p>	<p>AM: Organic mango smoothie with Cheerios</p> <p>PM: Organic roasted sweet potatoes & carrots with organic whole grain crackers</p>	<p>AM: Organic frozen banana covered with sunbutter & sprinkled raisins</p> <p>PM: Organic roasted carrots with whole wheat crackers</p>	<p>Organic veggie sticks & appes</p>
FRI	<p>AM: Organic granola with organic yogurt & sliced bananas</p> <p>PM: Organic sweet potato & cocoa ice cream</p>	<p>AM: Organic frozen yogurt bark with berries</p> <p>PM: Organic refried beans with cheese and corn tortilla chips</p>	<p>AM: Orange watermelon and Cheerios</p> <p>PM: Organic sweet potato & cocoa ice cream</p>	<p>AM: Organic frozen yogurt bark with berries</p> <p>PM: Organic refried beans with cheese and corn tortilla chips</p>	<p>AM: Orange watermelon and Cheerios</p> <p>PM: Organic sweet potato & cocoa ice cream</p>	<p>Cinnamon bread with sunbutter</p>

(Orange = links to Well Kitchen YouTube Recipe + Video)