

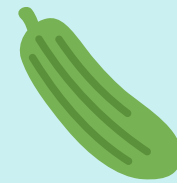
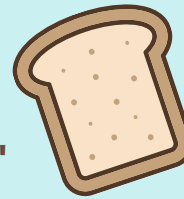


# February

## SNACK MENU



February's learning theme is "Healthy Habits & The 5 Senses"



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	LATE PM SNACK
MON	AM: Breakfast hash with sweet potatoes and peppers PM: Whole grain crackers and chickpea salad	AM: Chocolate (cocoa powder) & banana frozen yogurt bark PM: Cucumbers & homemade tzatziki dip	AM: Breakfast hash with sweet potatoes and peppers PM: Whole grain bread (made by the students!) & chickpea salad	AM: Chocolate (cocoa powder) & banana frozen yogurt bark PM: Cucumbers & homemade tzatziki dip	Cucumbers & whole grain crackers
TUE	AM: "Monkey Bites:" banana slices rolled in sunbutter & granola PM: Veggie taco bites (whole grain tortilla chips taco seasoned veggies)	AM: Homemade banana oat breakfast bar with homemade raspberry chia jam PM: Steamed carrots & string cheese	AM: "Monkey Bites:" banana slices rolled in sunbutter & granola PM: Veggie taco bites (whole grain tortilla chips taco seasoned veggies)	AM: Homemade banana oat breakfast bar with homemade raspberry chia jam PM: Steamed carrots & string cheese	Apples & Cheerios
WED	AM: Apple & banana quinoa oat bites PM: Whole grain tortilla chips and & black bean dip	AM: Chickpea frittata PM: Whole wheat broccoli roll-ups with marinara for dipping	AM: Apple & banana quinoa oat bites PM: Whole grain tortilla chips and & black bean dip	AM: Chickpea frittata PM: Whole wheat broccoli roll-ups with marinara for dipping	Bananas & veggie sticks
THU	AM: Homemade whole grain French toast & berries PM: Chickpea quesadillas with tomato & arugula	AM: Frozen kiwi & yogurt hearts PM: Chickpea quesadillas with tomato & arugula	AM: Homemade whole grain French toast & berries PM: Chickpea quesadillas with tomato & arugula	AM: Frozen kiwi & yogurt hearts PM: Chickpea quesadillas with tomato & arugula	Clementines & whole grain bread
FRI	AM: Yogurt dipped clementines PM: Cucumber & hummus topped whole grain crackers	AM: Strawberry & beet muffins PM: Whole grain bagel with homemade red pepper hummus	AM: Yogurt dipped clementines PM: Cucumber & hummus topped whole grain crackers	AM: Strawberry & beet muffins PM: Whole grain bagel with homemade red pepper hummus	Steamed carrots & hummus



We will use organic ingredients for products. Any exceptions or changes to the menu will be noted and are always accessible to parents upon request.