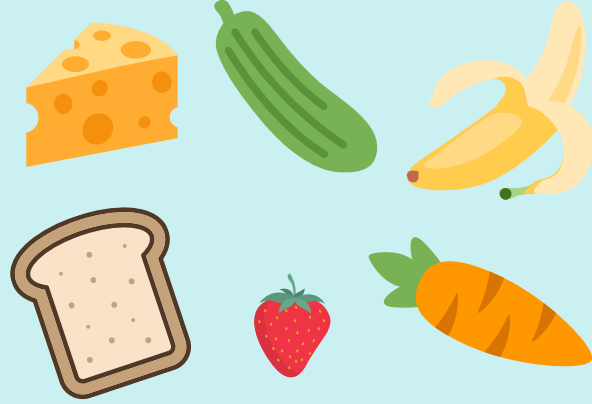




July

SNACK MENU

July's learning theme is
"USA, USA!"



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	SPROUTS LATE PM SNACK
MON		 Independence Day	AM: Graham crackers with cream cheese & strawberries PM: Whole grain crackers with cheese	AM: Apple nachos (with yogurt, granola & shredded coconut) PM: Whole grain tortilla chips & guacamole	AM: Graham crackers with cream cheese & strawberries PM: Whole grain crackers with cheese	Rotation 1: Pita bread & olives Rotation 2: Pesto & pita bread
TUE		AM: Blueberry & banana frozen yogurt bark PM: Broccoli pesto pizza on pita bread	AM: Fruit salsa with baked cinnamon sugar pita chips PM: Sweet potato and black bean tacos with Greek yogurt	AM: Blueberry & banana frozen yogurt bark PM: Broccoli pesto pizza on pita bread	AM: Fruit salsa with baked cinnamon sugar pita chips PM: Sweet potato and black bean tacos with Greek yogurt	Rotation 1: Yogurt & strawberries Rotation 2: Yogurt & apple slices
WED		AM: Apple sliders with sunbutter & granola PM: Marinara zoodles & garlic whole grain toast	AM: Raspberry & mango smoothie PM: Summer corn salsa with whole grain tortilla chips	AM: Apple sliders with sunbutter & granola PM: Marinara zoodles & garlic whole grain toast	AM: Raspberry & mango smoothie PM: Summer corn salsa with whole grain tortilla chips	Rotation 1: Green beans & hummus Rotation 2: Cucumber & hummus
THU	AM: Fruit salad & whole grain crackers PM: Garden salad (with veggies from our garden) with yogurt dressing	AM: Strawberry oatmeal smoothie PM: Watermelon salad with cucumbers & feta	AM: Fruit salad & whole grain crackers PM: Garden salad (with veggies from our garden) with yogurt dressing	AM: Strawberry oatmeal smoothie PM: Watermelon salad with cucumbers & feta	AM: Fruit salad & whole grain crackers PM: Garden salad (with veggies from our garden) with yogurt dressing	Rotation 1: Strawberries & cheerios Rotation 2: Watermelon & cheerios
FRI	AM: Red, White & Blue coconut water popsicles PM: Mixed veggie whole grain bow tie pasta salad	AM: Raspberry chia seed pudding PM: Veggie straws with hummus	AM: Red, White & Blue coconut water popsicles PM: Mixed veggie whole grain bow tie pasta salad	AM: Raspberry chia seed pudding PM: Veggie straws with hummus	AM: Red, White & Blue coconut water popsicles PM: Mixed veggie whole grain bow tie pasta salad	Rotation 1: Veggie straws & string cheese Rotation 2: Veggie straws & fruit

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