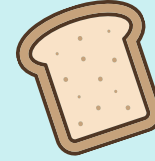
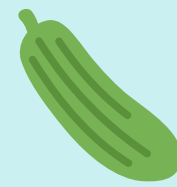




February



SNACK MENU

This month's learning themes are "Eat Well, Be Well & Happy Hearts"

 = Homemade Ingredients

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MON		AM: Bananas & graham crackers PM: Sunbutter & whole wheat toast	AM: Yogurt & bananas PM: Whole wheat toast with apple butter	AM: Bananas & graham crackers PM: Sunbutter & whole wheat toast	AM: Yogurt & bananas PM: Whole wheat toast with apple butter
TUE		 AM: No-bake oatmeal bars PM: Melon & whole grain crackers	AM: Fruit salad & graham crackers  PM: Homemade Valentine's Day Chex mix	 AM: No-bake oatmeal bars PM: Melon & whole grain crackers	AM: Fruit salad & graham crackers PM: Cucumbers & cheese cubes
WED	AM: Watermelon & whole grain crackers  PM: Homemade Chex mix	 AM: Blueberry, spinach & banana smoothie PM: Bell peppers & chickpea puffs	AM: Watermelon & whole grain crackers PM: Cucumber & cheese cubes	 AM: Blueberry, spinach & banana smoothie PM: Bell peppers & chickpea puffs 	
THU	 AM: Apple cinnamon overnight oats PM: Carrots & cheese cubes 	AM: Mango & Cheerios PM: Apples & sunbutter	 AM: Strawberry, spinach & banana smoothie  PM: Air-fried zucchini	AM: Mango & Cheerios PM: Apples & sunbutter	
FRI	AM: Pineapple & Cheerios  PM: Banana pancake bites	AM: Watermelon & whole grain crackers  PM: Homemade Chex mix	AM: Mango & Cheerios  PM: Banana pancake bites	AM: Pineapple & whole grain crackers  PM: Homemade Chex mix	

We try to always use organic ingredients unless unavailable.- all fruit is organic. Any exceptions or changes to menu will be noted and are always accessible to families upon request.