



# February



This month's learning theme is  
**SNACK MENU**



= Homemade Ingredients

	MON	TUE	WED	THU	FRI
WEEK 1 1-2				AM: Strawberry spinach & banana smoothie  PM: Carrots & Garden veggie straws	AM: Bell peppers & Cheerios  PM : Pita bread with homemade hummus
WEEK 2 5-9	AM: Blueberry Yogurt & cheerios  PM: Cucumbers & cheese cubes	AM: Fruit salad & sweet potato crackers  PM: Quesadilla	 AM: Mango, spinach & banana smoothie  PM: Carrots & chickpea puffs	 AM: spinach bananas pancakes   PM: Sunbutter & whole wheat toast	 AM: Granola & milk  PM: Seasonal fruit & whole grain crackers
WEEK 3 12-16	 AM: Granola & milk  PM: Bell peppers & chickpea puffs	AM: Banana & sweet potato  PM: Pineapple & cheerios	 AM: Banana & blueberries pancakes bites  PM: Apples & whole grain crackers	 AM :Strawberry , spinach & banana smoothie  PM: Quesadillas	AM: Carrots & cheese cubes  PM: Watermelon & Cinnamon bread
WEEK 4 19-23	AM: Yogurt & Cheerios  PM: Watermelon & Garden Veggie straws	AM: Fruit salad & whole grain crackers   PM: Quesadillas	 AM: Mango, spinach & banana smoothie  PM: Bell peppers & chickpea puffs	 AM: Banana & Blueberry pancakes bites  PM: Cucumbers & cheese cubes	AM: Mango & Cherrios  PM: Cinnamon bread with carrots
WEEK 5 26-29	 AM: Graham crackers & bananas  PM: Sunbutter & whole wheat toast	 AM: Spinach, banana pancakes  PM: Cucumbers & cheese cubes	 AM: Granola & Yogurt  PM: Seasonal fruit & whole grain crackers	 AM: Strawberry, spinach & banana smoothie  PM: Bell peppers & Garden veggie staws	AM: Cinnamon bread with carrots  PM: Quesadillas

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 and modifications are done to address child-specific allergies and intolerances. We are a nut free facility.