

## **Afternoon Snack Calendar**

| Monday                                | Tuesday                                 | Wednesday                                 | Thursday                                  | Friday                                       |
|---------------------------------------|---|---|---|--|
| 2                                     | 3                                       | 4   | 5   | 6  |
| Wheat thins and raisins               | Oatmeal and fresh<br>fruit              | Kid's Healthy Choice                      | String cheese and fresh fruit             | Cereal and banana                            |
| 5PM Snack:                            | 5PM Snack:                              | 5PM Snack:                                | 5PM Snack:                                | 5PM Snack:                                   |
| 9<br>Carrots and hummus<br>5PM Snack: | 10 Oranges and string cheese 5PM Snack: | 11 Mini bagels and fresh fruit 5PM Snack: | 12 Pretzels and cheddar cheese 5PM Snack: | 13 Fresh pears and vanilla yogurt 5PM Snack: |
| 16 Quesadillas and mild salsa         | 17<br>Wheat toast and<br>grape jam      | 18 Applesauce and graham crackers         | 19 Cheddar cheese and wheat thins         | 20 Apples and string cheese                  |
| 5PM Snack:                            | 5PM Snack:                              | 5PM Snack:                                | 5PM Snack:                                | 5PM Snack:                                   |
| 23 CVDS Closed                        | 24 CVDS Closed                          | 25 CVDS Closed                            | 26 English muffin pizzas 5PM Snack:       | 27 Waffles and syrup  5PM Snack:             |
| 30                                    | 31                                      |   |   |  |
| CVDS Closed                           | CVDS Closed                             |   |   |  |

<sup>\*</sup>Please be sure ALL snack products are NUT-FREE and NOT PROCESSED IN A PLANT CONTAINING NUTS.





## Morning Snack Calendar Please provide for \_\_\_\_ children. All snacks must be nut free, not processed in a plant containing nuts and store bought.

| Monday                               | Tuesday                         | Wednesday                                     | Thursday   | Friday   |
|--------------------------------------|---------------------------------|---|--|--|
| 2                                    | 3                               | 4   | 5  | 6  |
| Vanilla yogurt and fresh uncut fruit | Fresh oranges and cheese sticks | Mini bagels and jam<br>with fresh uncut fruit | English muffins,<br>raspberry jam and<br>fresh uncut<br>strawberries | Mini pancakes and syrup                          |
| 9                                    | 10                              | 11  | 12   | 13   |
| French toast sticks and bananas      | Oatmeal and fresh uncut berries | *Raisin bread and cream cheese                | Cottage cheese and fresh uncut berries                               | *Blueberry muffins<br>(NUT FREE/STORE<br>BOUGHT) |
| 16 Whole wheat bagels,               | 17 Multigrain Cheerios          | 18  | 19   | 20 Fresh uncut fruit                             |
| jam and fresh uncut<br>oranges       | (nut free) and<br>bananas       | Waffles and syrup                             | Fresh uncut<br>strawberries and<br>cottage cheese                    | and yogurt                                       |
| 23                                   | 24                              | 25  | 26   | 27   |
| CVDS CLOSED                          | CVDS CLOSED                     | CVDS CLOSED                                   | Pancakes and syrup   | Fresh fruit salad<br>(STORE BOUGHT)              |
| 30                                   | 31                              |   |  |  |
| CVDS CLOSED                          | CVDS CLOSED                     |   |  |  |
|                                      |                                 |   |  |  |

<sup>\*</sup>Please be sure ALL snack products are NUT-FREE and NOT PROCESSED IN A PLANT CONTAINING NUTS.

