

# September 2019 Extended Day Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Water Served with all snacks unless otherwise noted</p> <p>**Special Diet Snack Available</p>		<p>28</p> <p>AM: Nutrigrain Bars and 1/2 Cup Apple Sauce</p> <p>PM: 1/2 Cup Pretzels and 1/2 Cup Apple Sauce</p>	<p>29</p> <p>AM: 1/2 Cup Oatmeal + 1/2 Cup Fruit</p> <p>PM: 1/2 cup Cheese Crackers + 1/2 Cup Fruit</p>	<p>30</p> <p>AM: 1/2 Cup Fruit + 1/2 Cup Salsa</p> <p>PM: 1/2 Cup Pasta + 1/4 Cup Marinara Sauce</p>
<p>2</p> <p>AM: 1/2 Cup Cereal + 1/2 Cup Milk</p> <p>PM: 1/2 Cup Chips w/ 1 Table Spoon salsa + 1/2 Cup Veggies</p>	<p>3</p> <p>AM: 1 slice toast w/ Jam+ 1/2 Cup Fruit</p> <p>PM: 1 Crescent Roll + Jam + 1/2 Cup Fruit</p>	<p>4</p> <p>AM: 1/2 Cup Cereal w/ Milk</p> <p>PM: 1/2 Cup Meridian Mix + 1/2 Cup Veggies</p>	<p>5</p> <p>AM: 1 Nutrigrain Bar + 1/2 Cup of Fruit</p> <p>PM: 1/2 Cup Of Whole Grain Crackers + 1/2 Cup Veggies</p>	<p>6</p> <p>AM: 1/2 Cup Fruit + 1/2 Cup Yogurt</p> <p>PM: 1/2 Pasta w/ Tomato Sauce + 1/2 Cup of Veggies</p>
<p>9</p> <p>AM: 1 Slice toast w/ Jam + 1/2 Cup Fruit</p> <p>PM: 1/2 Cup Yogurt + 1/2 Cup Fruit</p>	<p>10</p> <p>AM: 1 Nutrigrain Bar + 1/2 Cup Fruit</p> <p>PM: 1/2 Cup Beans w/ Cheese + 1/2 Cup Veggies</p>	<p>11</p> <p>AM: 1/2 Cup Fruit + 1/2 Cup Meridian Morning Mix</p> <p>PM: 1/2 Cup Chips + Salsa+ 1/2 Cup Veggies</p>	<p>12</p> <p>AM: 1/2 Cup Oatmeal + 1/2 Cup Fruit</p> <p>PM: 1 Bag Whole Grain Animal Crackers + 1/2 Cup Fruit</p>	<p>13</p> <p>AM: 1/2 Cup Cereal + 1/2 Milk</p> <p>PM: 1/2 Cup Macaroni and Cheese + 1/2 Cup Veggies</p>
<p>16</p> <p>AM: Nutrigrain Bars and 1/2 Cup Apple Sauce</p> <p>PM: 1/2 Cup Pretzels and 1/2 Cup Apple Sauce</p>	<p>17</p> <p>AM: 1/2 Cup Fruit + 1/2 Cup Yogurt</p> <p>PM: 1/2 Cup Pasta + 1/4 Cup Marinara Sauce</p>	<p>18</p> <p>AM: 1/2 Cup Oatmeal + 1/2 Cup Fruit</p> <p>PM: 4 Crackers + 1 Cheese Stick</p>	<p>19</p> <p>AM: 1/2 Cup Cereal + 1/2 Cup Milk</p> <p>PM: 1/2 Cup Cheese Crackers + 1/2 Cup Fruit</p>	<p>20</p> <p>AM: 1 Nutrigrain Bar + 1/2 Cup Fruit</p> <p>PM: 1 Bagel w/ Cream Cheese + 1/2 Cup Veggies</p>
<p>23</p> <p>AM: 1 Slice toast w/ Jam + 1/2 Cup Fruit</p> <p>PM: 1/2 Cup Yogurt + 1/2 Cup Fruit</p>	<p>24</p> <p>AM: 1 Nutrigrain Bar + 1/2 Cup Fruit</p> <p>PM: 1/2 Cup Soup + 1/2 Cup Veggies</p>	<p>25</p> <p>AM: 1/2 Cup Yogurt + 1/2 Cup Fruit</p> <p>PM: 1/2 Cup Popcorn + 1/2 Cup Fruit</p>	<p>26</p> <p>AM: 1/2 Cup Fruit + 1/2 Cup Meridian Morning Mix</p> <p>PM: 1/2 Cup Chips + Salsa+ 1/2 Cup Veggies</p>	<p>27</p> <p>AM: 1 Breakfast Sausage + 1/2 Cup Fruit</p> <p>PM: 1 Hash Brown + 1/2 Cup Veggies</p>
<p>30</p> <p>AM: 1 Hash Brown + 1/2 Cup Fruit</p> <p>PM: 1/2 Cup Meridian Mix + 1/2 Cup Veggies</p>				