



Extended Day Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
10/5	10/6	10/7	10/8	10/9
AM: ½ C Yogurt ½ w/ C Berries + 1C Water PM 1 Bag Fruit Snacks + ½C Carrots + 1C Water	AM: ½C Oatmeal w/ Fruit + 1C milk PM: 1C Tomato soup w/ ½ Grilled Cheese+ Fruit	AM: 1 Breakfast Bar w/ ½ an Orange + 1C Water PM: ½ C Tortilla Chips w/ Cheese + ½ c Apples + 1C Water	AM: 1C Cereal w/ ½C Milk PM: 1 Fatayer Pie, Mixed Veggies, 1C Hibiscus tea	AM: 1 Waffle w/ Jam ½C Fruit + 1C Water PM: ½C Popcorn w/ cheese + 1/2C fruit + 1C Water
10/12	10/13	10/14	10/15	10/16
AM: 1 Slice of Toast w/ tbsp. Jam + 1C Water PM: 1 Fruit Bar w/ ½ Carrots + 1C Water	AM: 1 Breakfast Bar w/ ½C Apples +1C Water PM: 2 Graham Crackers w/ jam + Apples + 1C Milk	AM: ½C Oatmeal w/ ½C Fruit + 1C Milk PM: Crackers w/ Cheese, ½ C Mandarins, 1 C Water	AM: Bagel w/ Cream Cheese ½C Fruit PM: 2 Wedge Naan Bread w/ ½c Veggie Masala, 1C Mint Tea	AM: ½C Cereal W/ ½C Milk PM: 1C Ravioli + ½C Fruit and Veggie + 1C Water

*** Meals are subject to change without notice*** **Vegan option available upon request**

AM Snack Served at 7:45 PM Snack Served at 3:00-3:45

