



Extended Day Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
9/21	9/22	9/23	9/24	9/25
AM: ½ C Yogurt ½ w/ C Berries + 1C Water PM Meridian Mix + ½C Apples + 1C Water	AM: ½C Oatmeal w/ Fruit + 1C milk PM: 2 Quesadilla wedges w/ Salsa + Fruit + Veggie	AM: 1 Breakfast Bar w/ ½ an Orange + 1C Water PM: ½ C Crackers w/ Cheese + Grapes + 1C Water	AM: 1C Cereal w/ ½C Milk PM: 2 Falafel w/ Tzatziki + ½C Pears + Mint Tea Water	AM: 1 Waffle w/ Jam ½C Fruit + 1C Water PM: ½C Tortilla Chips w/ Salsa + 1/2C Veggies + 1C Lemonade
9/28	9/29	9/30	10/1	10/2
AM: 1 Slice of Toast w/ tbsp. Jam + 1C Water PM: ½ Mini Bagel w/ ½ Carrots + 1C Water	AM: 1 Breakfast Bar w/ ½C Apples +1C Water PM: 2 Meatballs + Applesauce + 1C Water	AM: ½C Oatmeal w/ ½C Fruit + 1C Milk PM: Tortilla Chips w/ cheese ½ C Carrots 1 C Water	AM: Bagel w/ Cream Cheese ½C Fruit PM: ½C Mejadra Rice w/ ½C Chicken + Mandarins + 1C Water	AM: ½C Cereal W/ ½C Milk PM: 1 Biscuit w/ Butter + 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

