



# November 2019 Extended Day Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1 Slice English Muffin + Jam+ 1/2 Cup Fruit	AM: 1/2 Cup Cereal + Milk PM: 4 Crackers + 1/2 Cup Veggies	AM: 1 Hash brown + 1/2 Cup Fruit PM: 1/2 Cup Pretzels+ 1/2 Cup Veggies	AM: 1/2 Cup Yogurt + 1/2 Cup Fruit PM: 1/2 Cup Meridian Mix + 1/2 Cup Fruit	AM: 1 Slice Toast + 1/2 Cup Fruit PM: 1 Hash brown w/ Ketchup + Veggies
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
AM: 1/2 Cup Fruit + 1/2 Milk PM: 1 Package Whole Grain Animal Crackers + 1/2 Cup Fruit	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Milk + 1/2 Cup Cereal	AM: 1/2 Cup Cereal w/ Milk PM: 1/2 Cup Cheese Crackers + 1/2 Cup Veggies	AM: 1 Cup Oatmeal w/ Raisins PM: 1/2 Cup Rice + 1/2 Cup Veggies	AM: 1 Sausage + 1/2 Cup Fruit PM: 1/2 Grilled cheese + 1/2 Cup Tomato Soup
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Oatmeal + Brown Sugar + 1/2 Cup Fruit	AM: 1/2 Cup Cereal + Milk PM: 4 Crackers + 1/2 Cup Veggies	AM: 1 Cup Oatmeal w/ Raisins PM: 1/2 Cup Yogurt + 1/2 Cup Berries	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Corn Chips + Salsa + Veggies	AM: 1 Bagel w/ Cream Cheese + 1/2 Cup Fruit PM: 1/2 Pasta w/ Marinara Sauce + 1/2 Cup Veggies
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Cheese Crackers + 1/2 Cup Veggies	AM: 1/2 Cup Cereal w/ Milk PM: 1/2 Cup Veggie Chili + 1/2 Cup Veggies	AM: 1 Hash brown + 1/2 Cup Fruit PM: 1/2 Cup Pretzels+ 1/2 Cup Veggies	AM: 1/2 Cup Cereal w/ Milk PM: 1/2 Cup Meridian Mix+ 1/2 Cup Fruit	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Ramen + 1/2 Cup Fruit

\*Water Served with all snacks unless otherwise noted

\*\*Special Diet Snack Available

