

March 2020 Extended Day Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
AM: 1/2 Cup Cereal w/ Milk PM: 1/2 Cup Cheese Crackers + 1/2 Cup Veggies	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: Turkey and Cream Cheese Rolls + 1/2 Cup Veggies	AM: 1 Waffle w/ Jam+ 1/2 Cup Fruit PM: 1/2 Cup Fruit + 1/2 Cup Yogurt	AM: 1 Graham Cracker + 1/2 Cup Apple Sauce PM: 1/2 Cup Triscuits + 1/2 Cup Fruit	AM : 1 Bagel 1 Table Spoon Cream Cheese PM: 1/2 Cup Pretzels + 1/2 Cup Veggies
9	10	11	12	13
AM: 1/2 Cup Cereal w/ Milk PM: 1 Waffle w/ Jam + 1/2 Cup Fruit	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Pretzels + 1/2 Cup Fruit	AM:2 Breakfast Sausage + 1/2 Cup Fruit PM: 1/2 Cup Graham Crackers + 1/2 Cup Apple Sauce	AM: 1/2 Cup Cereal w/ Milk PM: 1 Hash brown w/ Ketchup + 1/2 Cup veggies	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 4 Whole Wheat Crackers + 1/2 Cup Fruit
16	17	18	19	20
AM: 1/2 Cup Cereal w/ Milk PM: 1/2 Cup Pretzels + 1/2 Cup Fruit	AM: 1 Hardboiled Egg + 1/2 Cup Fruit PM: 1/2 Ritz Crackers + 1/2 Cup Veggies	AM: 1/2 Cup Cereal w/ Milk + 1/2 Cup Fruit PM: 1/2 Cup Ramen + 1/2 Cup Veggies	AM: 1/2 Cup Cereal w/ Milk PM: 2 Graham Crackers + 1/2 Cup Apple Sauce	AM: 1 Nutrigrain Bar + 1/2 Cup Fruit PM: 1/2 Cup Meridian Mix + 1/2 Cup Fruit
23	24	25	26	27
AM: 1/2 Cereal w/ Milk + 1/2 Cup Fruit PM: 1/2 Cup Beans + 1 Slice of Whole Grain Toast	AM: 1/2 Cup Fruit + 1/2 Cup Milk PM: 1/2 Cup Cheese Crackers + 1/2 Cup Veggies	AM: 1/2 Cup Oatmeal + 1/2 Cup Fruit PM: 1/2 Cup Rice w/ Soy Sauce + 1/2 Cup Veggies	AM: 1/2 Cup Cereal w/ Milk + 1/2 Cup Fruit PM: 1/2 Cup Crackers + 2 Pieces of Sliced Cheese	AM: 1 Waffle w/ Jam + 1/2 Cup Fruit PM: 1/2 Cup Yogurt + 1/2 Fruit
30	31			
AM: 1 Graham Cracker + 1/2 Cup Apple Sauce PM: 1/2 Cup Cheese Crackers + 1/2 Cup Fruit	AM: 1/2 Cup Cereal w/ Milk PM: 1 Hash brown w/ Ketchup + 1/2 Cup veggies			