



September Morning Snack



Sat/ Sun	Mon	Tue	Wed	Thu	Fri
1	2 CLOSED LABOR DAY	3 English Muffins & Milk	4 Rice Krispies & Milk	5 Muffins & Milk	6 Surprise Snack w/ Milk
7/8	9 Pancakes & Milk	10 Muffins & Milk	11 Corn Flakes & Milk	12 Toast w/ Jelly & Milk	13 Surprise Snack w/ Milk
14/15	16 Applesauce & Milk	17 Cheerios & Milk	18 English Muffins & Milk	19 Muffins & Milk	20 Surprise Snack w/ Milk
21/22	23 French Toast Sticks & Milk	24 Toast w/ Butter & Milk	25 Muffins & Milk	26 Pops Cereal & Milk	27 Surprise Snack w/ Milk
28/29	30 Bran Flakes & Milk	1 Muffins & Milk	2 Waffles & Milk	3 English Muffins & Milk	4 Surprise Snack w/ Milk

****SURPRISE snack is a combination of TWO of the four food groups: GRAIN, FRUIT/VEGGIE, PROTEIN, DAIRY****



September Afternoon Snack



Sat/ Sun	Mon	Tue	Wed	Thu	Fri
1	2 CLOSED LABOR DAY	3 Apples & Milk	4 Caramel Rice Cakes & Milk	5 Cheese Its & Milk	6 Surprise Snack w/ Milk
7/8	9 Veggies & Milk	10 Wheat Crackers & Milk	11 Apple Cinnamon Rice Cakes & Milk	12 Pears & Milk	13 Surprise Snack w/ Milk
14/15	16 Saltines w/ Cheese & Milk	17 Tortillas w/ Salsa & Milk	18 Multi-Grain Rice Cakes & Milk	19 Goldfish & Milk	20 Surprise Snack w/ Milk
21/22	23 Cheddar Rice Cakes & Milk	24 Pineapple Tidbits & Milk	25 Tortilla Wraps w/ Sun Butter & Milk	26 Oyster Crackers & or Raisins & Milk	27 Surprise Snack w/ Milk
28/29	30 Pears & Milk	1 Chex w/ Cheese & Milk	2 Ritz Crackers & Milk	3 Wheat Crackers & Milk	4 Surprise Snack w/ Milk

****SURPRISE snack is a combination of TWO of the four food groups: GRAIN, FRUIT/VEGGIE, PROTEIN, DAIRY****