

Afterschool Snack - Small Blessings Menu – Four Week Rotation

WEEK 1	MORNING SNACK		AFTERNOON SNACK
Monday 1	Bananas with digestive cookie Water		Homemade bits & bites with cheerios/ life cereal/shreddies/multi-grain goldfish 100% fruit juice
Tuesday 1	Cinnamon quick bread with sliced apple Water		Whole Fruit – apples/bananas/oranges with multi-grain crackers Water
Wednesday 1	Yogurt with fruit Water		Graham crackers with honey Bananas Milk
Thursday 1	Cinnamon Pita triangles with apple sauce Water		Apple spice muffin and apples Water
Friday 1	Melon (2 varieties) with graham wafer Water		Multi-grain bagel with honey Oranges 100% fruit juice

WEEK 2	MORNING SNACK		AFTERNOON SNACK
Monday 2	Yogurt with fruit Water		Dry whole grain cereal mix and popcorn 100% fruit juice
Tuesday 2	Banana Bread 100% fruit juice		Melon (2 varieties) with graham wafer Water
Wednesday 2	Apple sauce with digestive cookie Water		Whole Fruit – apples/banana/oranges and multi-grain cracker Water
Thursday 2	Fresh fruit tray – minimum 3 fruit Water		Pita triangles with hummus & salsa Milk
Friday 2	Blueberry bran muffin Apple slices Water		Fresh vegetable tray with tzatziki dip and whole grain crackers Water

WEEK 3	MORNING SNACK		AFTERNOON SNACK
Monday 3	Apple sauce and digestive cookie Water		Fruit smoothies & graham crackers Water
Tuesday 3	Multi-grain crackers and cheddar cheese cubes 100% fruit juice		Whole Fruit – apples/bananas/oranges with multi-grain crackers Water
Wednesday 3	Toasted cinnamon pita chips with applesauce dip Water		Homemade bits & bites with cheerios/ life cereal/shreddies/multi-grain goldfish 100% fruit juice
Thursday 3	Fresh fruit tray – 3 fruits Graham crackers Water		Multi-grain bagels with whipped cream cheese & fruit Milk
Friday 3	Peaches in juice with digestive cookie Water		Fruit – apples/bananas/oranges With multi-grain crackers Water

WEEK 4	MORNING SNACK		AFTERNOON SNACK
Monday 4	Apple slices and multi-grain crackers Water		Pita triangles with hummus or salsa 100% fruit juice
Tuesday 4	Multi-grain bagels with whipped cream cheese & fruit Water		Whole Fruit – apples/bananas/oranges and multi-grain crackers Water
Wednesday 4	Applesauce and digestive cookie Water		Melon (2 varieties) with graham wafer Water
Thursday 4	Fresh fruit tray – 3 fruits Milk		Bananas and digestive cookie Water
Friday 4	Toasted cinnamon pita with applesauce dip Water		Dry whole grain cereal mix and popcorn 100% fruit juice