








Silverline Montessori

October 2017 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <u>Morning Snack</u></p> <p>Oatmeal Raisin Cookie Milk</p> <p><u>Afternoon Snack</u></p> <p>Flavored Yogurt & Diced Peaches</p> 	<p>3 <u>Morning Snack</u></p> <p>Pretzels, Cheese Sticks</p> <p><u>Afternoon Snack</u></p> <p>Celery Stick, Sun Butter & Water</p> 	<p>4 <u>Morning Snack</u></p> <p>Rice Chex, Strawberries Milk</p> <p><u>Afternoon Snack</u></p> <p>Hummus, Sliced Carrots & Water</p> 	<p>5 <u>Morning Snack</u></p> <p>Apple Sauce, Goldfish & Water</p> <p><u>Afternoon Snack</u></p> <p>Grape Tomato,</p> 	<p>6 <u>Morning Snack</u></p> <p>Hot Cinnamon Apples Water</p> <p><u>Afternoon Snack</u></p> <p>Orange Segments Ritz Crackers Water</p> 
<p>9 <u>Morning Snack</u></p> <p>Wheat Tortillas, Refried Beans, Water</p> <p><u>Afternoon Snack</u></p> <p>Sun Butter Sandwich Water</p> 	<p>10 <u>Morning Snack</u></p> <p>Cottage Cheese Diced Melon Water</p> <p><u>Afternoon Snack</u></p> <p>Cucumber Slices String Cheese Water</p> 	<p>11 <u>Morning Snack</u></p> <p>Celery Stick, Sun Butter</p> <p><u>Afternoon Snack</u></p> <p>Golf Fish Crackers, Banana Slices Water</p> 	<p>12 <u>Morning Snack</u></p> <p>Flavored Yogurt Sliced Strawberries & Water</p> <p><u>Afternoon Snack</u></p> <p>Vegetable Slices String Cheese Water</p> 	<p>13 <u>Morning Snack</u></p> <p>Granola Bar, Milk & Water</p> <p><u>Afternoon Snack</u></p> <p>Wheats worth Crackers Diced Melon & Water</p> 
<p>16 <u>Morning Snack</u></p> <p>Pretzels, Sunbutter & Water</p> <p><u>Afternoon Snack</u></p> <p>Cheeze It's & Water</p> 	<p>17 <u>Morning Snack</u></p> <p>Yogurt Dip, Sliced Carrots & Water</p> <p><u>Afternoon Snack</u></p> <p>Yogurt Dip, Carrot Slices & Water</p> 	<p>18 <u>Morning Snack</u></p> <p>Granola Bar, Fruit Juice</p> <p><u>Afternoon Snack</u></p> <p>Vegetable Slices, String Cheese</p> 	<p>19 <u>Morning Snack</u></p> <p>Tuna Salad, Wheats worth Crackers, Water</p> <p><u>Afternoon Snack</u></p> <p>Apple Slices, Sun Butter Sandwich & Water</p> 	<p>20 <u>Morning Snack</u></p> <p>Wheat Roll or Bread, Chicken Salad, Water</p> <p><u>Afternoon Snack</u></p> <p>Puffed Cereal, Water or Milk</p> 
<p>23 <u>Morning Snack</u></p> <p>Pretzels, Cheese Slice Water</p> <p><u>Afternoon Snack</u></p> <p>Fresh Vegetables, Yogurt Dip & Water</p> 	<p>24 <u>Morning Snack</u></p> <p>Flavored Yogurt, Blueberries & Water</p> <p><u>Afternoon Snack</u></p> <p>Cherry Tomatoes, Milk and Water</p> 	<p>25 <u>Morning Snack</u></p> <p>Cheerios, sliced bananas & Milk</p> <p><u>Afternoon Snack</u></p> <p>Baked chicken & Couscous, Salad Fruit & Milk</p> 	<p>26 <u>Morning Snack</u></p> <p>Croissant, Apple Slices & water</p> <p><u>Afternoon Snack</u></p> <p>Bean Dip, Wheat Tortilla & Water</p> 	<p>27 <u>Morning Snack</u></p> <p>Edamame, Fruit Juice or Water</p> <p><u>Afternoon Snack</u></p> <p>Fruit Cup, Goldfish crackers, Water</p> 