
















# Silverline Montessori October 2017 Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Week of Oct 2<sup>nd</sup></u></b>	<b><u>Morning Snack</u></b> Yogurt Dip Cucumber &  Squash <b><u>Afternoon Snack</u></b> Orange Segments Wheatsthworth Crackers	<b><u>Morning Snack</u></b> Flavored Yogurt Fresh Fruit <b><u>Afternoon Snack</u></b> Seasonal Fresh Fruit String Cheese	<b><u>Morning Snack</u></b> Granola Bar Fresh Fruit <b><u>Afternoon Snack</u></b> Warm Pretzels Cheese	<b><u>Morning Snack</u></b> Milk Puffed Cereal <b><u>Afternoon Snack</u></b> Fruit Juice Goldfish Crackers 	<b><u>Morning Snack</u></b> Seasonal Fresh Fruit Granola <b><u>Afternoon Snack</u></b> Milk Hummus Veggies
	<b><u>Week of Oct 9<sup>th</sup></u></b> <b><u>Morning Snack</u></b> Yogurt Animal Crackers <b><u>Afternoon Snack</u></b> Sun butter Sandwich 	<b><u>Morning Snack</u></b> Cottage Cheese Diced Melon  <b><u>Afternoon Snack</u></b> Cucumber Slices String Cheese Water	<b><u>Morning Snack</u></b> Celery Stick Sun Butter Raisins <b><u>Afternoon Snack</u></b> Goldfish Crackers  Banana Slices	<b><u>Morning Snack</u></b> Roasted Turkey Wheatsthworth Crackers <b><u>Afternoon Snack</u></b> Fruit Juice Flavored Yogurt 	<b><u>Morning Snack</u></b> Sliced Carrots  Hummus Water <b><u>Afternoon Snack</u></b> Ritz Crackers Orange Segments
<b><u>Week of Oct 16<sup>th</sup></u></b>	<b><u>Morning Snack</u></b> Flavored Yogurt Sliced Strawberries  <b><u>Afternoon Snack</u></b> Vegetable Slices String Cheese	<b><u>Morning Snack</u></b> Granola Bar  <b><u>Afternoon Snack</u></b> Wheatsthworth Crackers Diced Melon	<b><u>Morning Snack</u></b> Pretzels Sun Butter <b><u>Afternoon Snack</u></b> Fruit Juice Cheeze Itz 	<b><u>Morning Snack</u></b> Apple Slices Whole grain cheerios <b><u>Afternoon Snack</u></b> Hummus carrots	<b><u>Morning Snack</u></b> Animal Crackers Flavored Yogurt <b><u>Afternoon Snack</u></b> Cucumber Cheese sticks
	<b><u>Week of Oct 23<sup>rd</sup></u></b> <b><u>Morning Snack</u></b> Granola Bar Fruit Juice <b><u>Afternoon Snack</u></b> Vegetable Slices  String Cheese Water	<b><u>Morning Snack</u></b> Yogurt Dip Fresh Fruit  <b><u>Afternoon Snack</u></b> Graham crackers Fresh Fruit	<b><u>Morning Snack</u></b> Apple Sauce Cinnamon Wheat Toast <b><u>Afternoon Snack</u></b> String Cheese  Edamame Water	<b><u>Morning Snack</u></b> Apple slices Sunflower butter <b><u>Afternoon Snack</u></b> Orange Segments Cheez-It	<b><u>Morning Snack</u></b> Pineapple Chunks Flavored Yogurt <b><u>Afternoon Snack</u></b> Celery Sun Butter