






Silverline Montessori

November 2017 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 <u>Morning Snack</u> Rice Chex, Strawberries Milk</p> <p><u>Afternoon Snack</u> Hummus, Sliced Carrots & Water</p> 	<p>2 <u>Morning Snack</u> Apple Sauce, Goldfish & Water</p> <p><u>Afternoon Snack</u> Grape Tomato, Wheats worth Crackers, Water</p> 	<p>3 <u>Morning Snack</u> Hot Cinnamon Apples Water</p> <p><u>Afternoon Snack</u> Orange Segments Ritz Crackers Water</p> 
<p>6 <u>Morning Snack</u> Wheat Tortillas, Refried Beans, Water</p> <p><u>Afternoon Snack</u> Sun Butter Sandwich Water</p> 	<p>7 <u>Morning Snack</u> Cottage Cheese Diced Melon Water</p> <p><u>Afternoon Snack</u> Cucumber Slices String Cheese Water</p> 	<p>8 <u>Morning Sack</u> Celery Stick, Sun Butter</p> <p><u>Afternoon Snack</u> Goldfish Crackers, Banana Slices Water</p> 	<p>9 <u>Morning Snack</u> Flavored Yogurt Sliced Strawberries & Water</p> <p><u>Afternoon Snack</u> Vegetable Slices String Cheese Water</p> 	<p>10 <u>Morning Snack</u> Granola Bar, Milk & Water</p> <p><u>Afternoon Snack</u> Wheats worth Crackers Diced Melon & Water</p> 
<p>13 <u>Morning Snack</u> Pretzels, Sun butter & Water</p> <p><u>Afternoon Snack</u> Cheez It's & Water</p> 	<p>14 <u>Morning Snack</u> Yogurt Dip, Sliced Carrots & Water</p> <p><u>Afternoon Snack</u> Yogurt Dip, Carrot Slices & Water</p> 	<p>15 <u>Morning Snack</u> Granola Bar, Fruit Juice</p> <p><u>Afternoon Snack</u> Vegetable Slices, String Cheese, Water</p> 	<p>16 <u>Morning Snack</u> Cottage Cheese Wheats worth Crackers, Water</p> <p><u>Afternoon Snack</u> Apple Slices, Sun Butter Sandwich & Water</p> 	<p>17 <u>Morning Snack</u> Wheat Roll or Bread, Chicken Salad Water</p> <p><u>Afternoon Snack</u> Puffed Cereal, Water or Milk</p> 
<p>20 <u>Morning Snack</u> Pretzels, Cheese Slice Water</p> <p><u>Afternoon Snack</u> Fresh Vegetables, Yogurt Dip & Water</p> 	<p>21 <u>Morning Snack</u> Flavored Yogurt, Blueberries & Water</p> <p><u>Afternoon Snack</u> Cherry Tomatoes, Milk and Water</p> 	<p>22 <u>Morning Snack</u> Cheerios, sliced bananas & Milk</p> <p><u>Afternoon Snack</u> Baked chicken & Couscous, Salad Fruit & Milk</p> 	<p>23</p> <p style="text-align: center;">Happy Thanksgiving</p> <p style="text-align: center;">Building Closed</p>	<p>24</p> <p style="text-align: center;">Happy Thanksgiving</p> <p style="text-align: center;">Building Closed</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>27 <u>Morning Snack</u> Oatmeal Raisin Cookie Milk</p> <p><u>Afternoon Snack</u> Flavored Yogurt & Diced Peaches</p> 	<p>28 <u>Morning Snack</u> Pretzels, Cheese Sticks</p> <p><u>Afternoon Snack</u> Celery Stick, Sun Butter & Water</p> 	<p>29 <u>Morning Snack</u> Rice Chex, Strawberries Milk</p> <p><u>Afternoon Snack</u> Hummus, Sliced Carrots & Water</p> 	<p>30 <u>Morning Snack</u> Apple Sauce, Goldfish & Water</p> <p><u>Afternoon Snack</u> Grape Tomato,</p> 