**Silverline Montessori**

**July 2018 Snack Menu**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **2**  **Morning Snack**  Chex Mix, Water or Milk  **Afternoon Snack**  Wheat Roll or Bread, Chicken Salad  Image result for puffed cereal Water | **3**  **Morning Snack**  Pretzels, Sun butter & Water  **Afternoon Snack**  Cheez It’s & Water  Image result for cheese its | **4**  **Morning Snack**  Granola Bar, Fruit Juice  **Afternoon Snack**  Image result for granola barsVegetable Slices, String Cheese, Water | **5**  **Morning Snack**  Hummus, Sliced Carrots & Water  **Afternoon Snack**  Rice Chex, Strawberries & Milk  Image result for hummus with carrots | **6**  **Morning Snack**  Apples with Cheese &  Water  **Afternoon Snack**  Orange Segments  Image result for orange segmentsRitz Crackers  Water |
| **9**  **Morning Snack**  Chicken Salad  Wheats worth Crackers & Water  **Afternoon Snack**  Image result for wheat tortillaSun Butter Sandwich  Water | **10**  **Morning Snack**  Cottage Cheese  Diced Melon  Water  **Afternoon Snack**  Cucumber Slices  Image result for cottage cheeseString Cheese  Water | **11**  **Morning Sack**  Celery Stick, Sun Butter  Juice  **Afternoon Snack**  Image result for celery sticksGoldfish Crackers, Banana Slices  Water | **12**  **Morning Snack**  Flavored Yogurt  Sliced Strawberries & Water  **Afternoon Snack**  Vegetable Slices  Image result for string cheeseString Cheese  Water | **13**  **Morning Snack**  Granola Bar, Milk & Water  **Afternoon Snack**  Wheats worth Crackers  Diced Melon & Water  Image result for wheatsworth crackers |
| **16**  **Morning Snack**  Hummus, Sliced Carrots & Water  **Afternoon Snack**  Image result for hummus with carrotsRice Chex, Strawberries  Milk | **17**  **Morning Snack**  Yogurt Dip, Sliced Carrots & Water  **Afternoon Snack**  Image result for carrot sticksCottage Cheese, Fruit Slices & Water | **18**  **Morning Snack**  Granola Bar, Fruit Juice  **Afternoon Snack**  Image result for granola barsVegetable Slices, String Cheese, Water | **19**  **Morning Snack**  Cottage Cheese Wheats worth Crackers, Water  **Afternoon Snack**  Image result for apple slicesApple Slices, Sun Butter Sandwich & Water | **20**  **Morning Snack**  Chex Mix, Water or Milk  **Afternoon Snack**  Image result for puffed cerealWheat Roll or Bread, Chicken Salad  Water |
| **23**  **Morning Snack**  Pretzels, Cheese Slice  Water  **Afternoon Snack**  Image result for pretzelsFresh Vegetables, Yogurt Dip & Water | **24**  **Morning Snack**  Flavored Yogurt, Blueberries & Water  **Afternoon Snack**  Image result for yoplait yogurtCherry Tomatoes, Wheats worth Crackers & Milk | **25**  **Morning Snack**  Chex Mix & Water  **Afternoon Snack**  Goldfish Crackers,  Fruit & Milk  Image result for goldfish crackers | **26**  **Morning Snack**  Cottage Cheese  Melon, & Water  **Afternoon Snack**  Cucumber Slices  Image result for cottage cheeseString Cheese & Water | **27**  **Morning Snack**  Granola Bar, Milk & Water  **Afternoon Snack**  Wheats worth Crackers  Diced Melon & Water |
| **30**  **Morning Snack**  Pretzels, Cheese Sticks, & Water  **Afternoon Snack**  Image result for celery sticksCelery Stick, Sun Butter & Water | **31**  **Morning Snack**  Yogurt Dip, Sliced Carrots & Water  **Afternoon Snack**  Image result for carrot sticksCottage Cheese, Fruit Slices & Water |  |  |  |