**Silverline Montessori**

**July 2018 Snack Menu**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **2****Morning Snack**Chex Mix, Water or Milk**Afternoon Snack**Wheat Roll or Bread, Chicken SaladImage result for puffed cereal Water |  **3****Morning Snack**Pretzels, Sun butter & Water**Afternoon Snack**Cheez It’s & WaterImage 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 & MilkImage result for hummus with carrots | **6****Morning Snack** Apples with Cheese &Water**Afternoon Snack**Orange SegmentsImage result for orange segmentsRitz CrackersWater |
| **9****Morning Snack**Chicken SaladWheats worth Crackers & Water**Afternoon Snack**Image result for wheat tortillaSun Butter SandwichWater | **10****Morning Snack**Cottage CheeseDiced MelonWater**Afternoon Snack**Cucumber SlicesImage result for cottage cheeseString CheeseWater         | **11****Morning Sack**Celery Stick, Sun ButterJuice**Afternoon Snack**Image result for celery sticksGoldfish Crackers, Banana SlicesWater | **12****Morning Snack**Flavored YogurtSliced Strawberries & Water**Afternoon Snack**Vegetable SlicesImage result for string cheeseString CheeseWater | **13****Morning Snack**Granola Bar, Milk & Water**Afternoon Snack**Wheats worth CrackersDiced Melon & WaterImage result for wheatsworth crackers |
| **16****Morning Snack**Hummus, Sliced Carrots & Water**Afternoon Snack**Image result for hummus with carrotsRice Chex, StrawberriesMilk | **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 SliceWater**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 & MilkImage result for goldfish crackers  | **26****Morning Snack**Cottage CheeseMelon, & Water**Afternoon Snack**Cucumber Slices Image result for cottage cheeseString Cheese & Water | **27****Morning Snack**Granola Bar, Milk & Water**Afternoon Snack**Wheats worth CrackersDiced 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 |  |  |   |