



Silverline Montessori November 2018 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p><u>Morning Snack</u> Apple Sauce, Graham Crackers, & Water</p> <p><u>Afternoon Snack</u> Tomatoes, Cottage Cheese, & Water</p>	<p>2</p> <p><u>Morning Snack</u> Cinnamon Apples, Wheat Toast, & Water</p> <p><u>Afternoon Snack</u> Orange Segments, Ritz Crackers, & Water</p>
<p>5</p> <p><u>Morning Snack</u> Wheat Tortillas, Refried Beans, & Water</p> <p><u>Afternoon Snack</u> Sun Butter Sandwich & Juice</p>	<p>6</p> <p><u>Morning Snack</u> Cottage Cheese, Blueberries, & Water</p> <p><u>Afternoon Snack</u> Cucumber Slices, Ranch Dip, & Water</p>	<p>7</p> <p><u>Morning Sack</u> Celery Stick, Sun Butter & Water</p> <p><u>Afternoon Snack</u> Vanilla Wafers, Banana Slices, & Water</p>	<p>8</p> <p><u>Morning Snack</u> Yogurt, Sliced Strawberries, & Water</p> <p><u>Afternoon Snack</u> Vegetable Slices, String Cheese, & Water</p>	<p>9</p> <p><u>Morning Snack</u> Granola Bar & Water</p> <p><u>Afternoon Snack</u> Goldfish & Juice</p>
<p>12</p> <p><u>Morning Snack</u> Pretzels, SunButter, & Water</p> <p><u>Afternoon Snack</u> Veggie Slices, Ranch, & Water</p>	<p>13</p> <p><u>Morning Snack</u> Yogurt Dip, Sliced Carrots, & Water</p> <p><u>Afternoon Snack</u> Yogurt Dip, Carrot Slices & Water</p>	<p>14</p> <p><u>Morning Snack</u> Granola Bar & Juice</p> <p><u>Afternoon Snack</u> Cheez It's & Juice</p>	<p>15</p> <p><u>Morning Snack</u> Cottage Cheese, Ritz Crackers, & Water</p> <p><u>Afternoon Snack</u> Apple Slices, SunButter Sandwich & Water</p>	<p>16</p> <p><u>Morning Snack</u> Wheat Roll, Chicken Salad & Water</p> <p><u>Afternoon Snack</u> Hummus & Pretzel Water</p>
<p>19</p> <p><u>Morning Snack</u> Cheese, Crackers, & Water</p> <p><u>Afternoon Snack</u> Fresh Vegetables, Yogurt Dip, & Water</p>	<p>20</p> <p><u>Morning Snack</u> Flavored Yogurt, Blueberries & Water</p> <p><u>Afternoon Snack</u> Cherry Tomatoes, String Cheese, & Juice</p>	<p>21</p> <p><u>Morning Snack</u> Cheerios, Sliced Bananas, & Milk</p> <p><u>Afternoon Snack</u> Goldfish & Juice</p>	<p>22</p> <p></p> <p>Building Closed</p>	<p>23</p> <p></p> <p>Building Closed</p>
<p>26</p> <p><u>Morning Snack</u> Cookies & Milk</p> <p><u>Afternoon Snack</u> Flavored Yogurt & Diced Peaches</p>	<p>27</p> <p><u>Morning Snack</u> Pretzels, Cheese Sticks, & Milk</p> <p><u>Afternoon Snack</u> Celery Sticks, SunButter, & Water</p>	<p>28</p> <p><u>Morning Snack</u> Rice Chex, Strawberries, & Milk</p> <p><u>Afternoon Snack</u> Hummus, Sliced Carrots & Water</p>	<p>29</p> <p><u>Morning Snack</u> Goldfish & Water</p> <p><u>Afternoon Snack</u> Apple Sauce, Graham Crackers, & Juice</p>	<p>30</p> <p><u>Morning Snack</u> Blueberries & Yogurt Water</p> <p><u>Afternoon Snack</u> SunButter Sandwiches & Juice</p>