



Snack Schedule

Month: _____

| Week # 1 | | |
|-----------|---|--|
| Day | Morning | Afternoon |
| Monday | Mixed Cereal with Milk | Crunchy Rice Rolls |
| Tuesday | Waffles with fruit spread & Cream Cheese | Fresh Vegetable (baby carrots, sliced cucumbers & peppers) Ranch Dip |
| Wednesday | WW English Muffin with Fruit Spread | Seasonal Fruit |
| Thursday | WW Toast with fruit spread & Cream Cheese | Cheese & Crackers |
| Friday | Smoothie & Nutri Grain Bars | Gold Fish Crackers |

| Week # 2 | | |
|-----------|--|--|
| Day | Morning | Afternoon |
| Monday | Mixed Cereal with Milk | Chewy Bars |
| Tuesday | Oatmeal Cookies | Seasonal Fruit |
| Wednesday | Cinnamon Raisin Toast with fruit spread/Cream Cheese | WW Pita Hummus |
| Thursday | Fruit Yogurt & Granola | Fresh Vegetable (baby carrots, sliced cucumbers & peppers) Ranch Dip |
| Friday | WW Toast with fruit spread & Cream Cheese | Cheese & Crackers |

| Week # 3 | | |
|-----------|---|--|
| Day | Morning | Afternoon |
| Monday | Mixed Cereal with Milk | Oatmeal Cookies |
| Tuesday | Pancakes with Fresh Fruit | Fresh Vegetable (baby carrots, sliced cucumbers & peppers) Ranch Dip |
| Wednesday | Arrowroot Biscuits & Fresh Seasonal Fruit | Seasonal Fruit |
| Thursday | Fruit Yogurt & Granola | Tri- Colour Nachos with Salsa |
| Friday | Smoothie Nutri Grains Bars | Rice Cakes with Fruit Spread/Cream Cheese |

| Week # 4 | | |
|-----------|--------------------------------------|--|
| Day | Morning | Afternoon |
| Monday | Mixed Cereal with Milk | Yogurt & Nutri Grain |
| Tuesday | English Muffins with Fruit Spread | Fresh Vegetable (baby carrots, sliced cucumbers & peppers) Ranch Dip |
| Wednesday | Toast with fruit spread/Cream Cheese | Cheese & Crackers |
| Thursday | French Toast with Fruit Spread | Seasonal Fruit |
| Friday | Fruit Yogurt with Granola | WW Sandwich with Cheese/Deli Meat |

**All snacks conform to the standards set in current Days Nurseries Act regulation
A bowl of fruit and/or vegetables are also available throughout the entire duration of the program**

*Mixed Cereals include- Cheerios, Corn Flakes, Frosted Flakes, Mini- Wheat's, Rice Krispy's
Smoothies include- 2% milk as well as seasonal fruit
Milk & Water are served during the morning and afternoon snack*