

Snack Menu for August, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 am: Bagels, Fruit pm: Graham Crackers, Bananas	4 am: Cereal, Bananas pm: Tea Sandwiches – Cream Cheese on Wheat, Cucumbers	5 am: Blueberry Muffins, Fruit pm: Saltine Crackers, Cheese Cubes, Fruit	6 am: Raisin Toast, Fruit pm: Costa Rican Batidos (smoothies), Graham Crackers	7 am: Cereal, Bananas pm: Vanilla Yogurt w/ Fruit Parfaits
10 am: Scrambled Cheesy Eggs, Fruit pm: Rice Cakes w/ Apple Butter, Fruit	11 am: Cereal, Bananas pm: Cream Cheese & Jelly Pinwheels, Fruit	12 am: Matzo w/ Cream Cheese, Fruit pm: Veggies w/ Ranch Dressing, Whole Wheat Crackers	13 am: Toast w/ Butter, Fruit pm: Strawberry Yogurt w/ Fruit Parfaits	14 am: Cereal, Bananas pm: Multigrain Crackers, Cheese Cubes, Fruit
17 am: Blueberry Pancakes pm: Graham Crackers, Applesauce	18 am: Cereal, Bananas pm: Cheese Tea Sandwiches, Fruit	19 am: Strawberry Muffins, Fruit pm: Banana Bread w/ Fruit	20 am: Cheese Toast, Fruit pm: Peach Yogurt w/ Fruit Parfaits	21 am: Cereal, Bananas pm: Animal Crackers, Fruit
24 am: Waffles, Fruit pm: Matzo & Applesauce	25 am: Cereal, Bananas pm: Vanilla Yogurt w/ Fruit Parfaits	26 am: Cinnamon Toast, Fruit pm: Rice Cakes w/ Apple Butter, Fruit	27 am: Banana Bread, Fruit pm: Saltine Crackers, Cheese Cubes, Fruit	28 am: Cereal, Bananas pm: Pita Bread, Tzatziki, Cucumbers
31 am: Scrambled Cheesy Eggs, Fruit pm: Animal Crackers, Fruit				

MENU SUBJECT TO CHANGE ** WE SERVE MILK AND WATER WITH ALL SNACKS

****We will provide an alternate snack for those with allergies and/or food preferences.**

We serve fruit that is fresh, canned or frozen in natural juices and whole grain bread, cereal and crackers most frequently; 1% milk for children 2 years & older and whole milk to children 12-24 months old. We have indicated items with ethnic origin in bold print. Snacks may be switched from time to time due to items being out of stock in the stores or a surplus of items we have in the center. **We are a peanut free facility.**

****Foods not served to children under the age of 4 due to potential choking hazards:** Hot dogs - whole or rounds, Whole Grapes, Whole Cherry Tomatoes, Whole Raw Carrots, Hard Candy, Nuts & Seeds, Raw Peas, Hard Pretzels, Popcorn, Raisins, Marshmallows, Chunks of meat larger than ½ inch.