

Snack Menu for November, 2025

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

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.