

Snack Menu for September, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 am: CENTER CLOSED pm: LABOR DAY	2 am: Cereal, Bananas pm: Pita Bread and Tzatziki, Cucumbers	3 am: Raisin Toast, Fruit pm: Saltine Crackers, Cheese Cubes, Fruit	4 am: Cereal, Bananas pm: Banana Bread, Applesauce	5 am: Blueberry Pancakes, Fruit pm: Rice Cakes w Apple Butter, Fruit
8 am: Oatmeal w/ Blueberries pm: Cream Cheese & Jelly Pinwheels, Fruit	9 am: Cereal, Bananas pm: Veggies w/ Ranch Dressing, Wheat Thins	10 am: Cheese Toast, Fruit pm: Costa Rican Batidos (smoothies), Graham Crackers	11 am: Cereal, Bananas pm: Peach Yogurt w/ Fruit Parfaits	12 am: Blueberry Muffins, Fruit pm: Graham Crackers, Applesauce
15 am: Bagels w/ Cream Cheese, Fruit pm: Cheese Sandwiches, Fruit	16 am: Cereal, Bananas pm: Animal Crackers, Fruit Cocktail	17 am: Apple Cinnamon Muffins, Fruit pm: Strawberry Yogurt w/ Fruit Parfaits	18 am: Cereal, Bananas pm: Matzo & Applesauce	19 am: Wheat Toast w/ Butter, Fruit pm: Tuna Sandwiches, Pickle Slices
22 am: Waffles, Fruit pm: Turkey & Cheese Pinwheels, Fruit	23 am: Cereal, Bananas pm: Costa Rican Batidos (smoothies), Graham Crackers	24 am: Scrambled Cheesy Egg, Fruit pm: Saltine Crackers, Cheese Cubes, Fruit	25 am: Cereal, Bananas pm: Veggies w/ Ranch Dressing, Wheat Thins	26 am: Strawberry Muffins, Fruit pm: Vanilla Yogurt w/ Fruit Parfaits
29 am: Cinnamon Toast, Fruit pm: Rice Cakes w/ Apple Butter, Fruit	30 am: Cereal, Bananas 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.