



Rivercrest Early Learning and Childcare

Snack Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
<u>A.M</u> <u>Snack</u>	Cereal Fruit Milk 	Bagels Cream Cheese Fruit & Water 	Yogurt Digestive Cookies Fruit & Water 	Rye Toast with Jam Applesauce & Milk 	Muffins Fruit Milk 
<u>P.M</u> <u>Snack</u>	Wow Butter and Jam Roll-Ups Banana Milk 	Cheese Crackers Pickles & Water 	Rice Krispie Bars Fruit & Milk 	Pita Bread Sandwiches Veggies and Dip Water 	Goldfish Fruit Salad Water 
Week 2					
<u>A.M</u> <u>Snack</u>	Cereal Fruit Milk 	Cinnamon Buns Fruit Milk 	English Muffins Jam Fruit & Milk 	Bagels with Cream Cheese Fruit & Water 	Yogurt Granola Fruit Water 
<u>P.M</u> <u>Snack</u>	Soup with Goldfish Steamed Veggies & Milk 	Pizza Buns Carrots and Cucumber with dip & Water 	Pudding Fruit Water 	Nachos with Cheese & Salsa Peppers & Water 	Animal Crackers Fruit Hot chocolate 
Week 3					
<u>A.M</u> <u>Snack</u>	Cereal Fruit Milk 	Nutrigrain bars Fruit & Milk 	English Muffins Fruit & Milk 	Homemade Bread (Banana, apple, cinnamon, etc.) Fruit & Milk 	Wow Butter & Jam Toast Banana Milk 
<u>P.M</u> <u>Snack</u>	Apple Sauce Graham Crackers Milk 	Chex Mix ("Nuts" and Bolts) Veggie and Dip Water 	Yogurt Parfaits with Granola Frozen Fruit Water 	Grilled Cheese on Whole Wheat bread w/Veggies Dip & Water 	Pretzels (Goldfish-INF) Hummus Peppers Milk 
Week 4					
<u>A.M</u> <u>Snack</u>	Cereal Fruit Milk 	English Muffins Jam Fruit & Milk 	Waffles Fruit Milk 	Rye Toast Jam Fruit & Milk 	Yogurt Granola Fruit Water 
<u>P.M</u> <u>Snack</u>	Trail Mix Apples and Wow Butter Water 	Rice Crackers Cheese Veggies 	Homemade Cookies Fruit & Milk 	Hot Dogs Veggie Slices Milk 	Rice Cakes w/ Wow butter & Jam Frozen Fruit Milk 