



Rivercrest Early Learning and Childcare

Snack Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
<u>A.M</u> Snack	Cereal Fruit Milk	Bagels Cream Cheese Fruit Water	Yogurt Arrowroot Cookies Fruit Milk	Toast Jam Milk	Muffins Fruit Milk
<u>P.M</u> Snack	Wow Butter/Jam and Banana Roll- ups Milk	Cheese Crackers Pickles Water	Goldfish Fruit Salad Milk	Cheerio Square Bars Fruit Milk	Mac and Cheese Veggies Water
Week 2					
<u>A.M</u> Snack	Cereal Fruit Milk	Scones Fruit Milk	Muffins Fruit Milk	Bagels Cream Cheese Fruit Water	Yogurt Granola Fruit Water
<u>P.M</u> Snack	Apple Sauce Graham Crackers Milk	Pita Bread Sandwiches Carrots, Cucumbers and Ranch Water	Pudding Fruit Water	Pancakes Applesauce Milk	Soup with Vegetables Crackers Milk
Week 3					
<u>A.M</u> Snack	Cereal Fruit Milk	Muffins Fruit Milk	English Muffins Jam and Fruit Milk	Banana Bread Fruit Milk	Wow Butter/Jam and Banana Roll-ups Milk
<u>P.M</u> Snack	Animal Crackers Fruit Milk	Nuts and Bolts Veggies and Dip Water	Fruit Smoothie Teddy Grahams Water	Tortilla Chips Salsa Peppers Water	Grilled Cheese Veggies and Dip Water
Week 4					
<u>A.M</u> Snack	Cereal Fruit Milk	English Muffins Jam Fruit Milk	Waffles Fruit Milk	Toast Jam Fruit Milk	Homemade Bread(Banana, Apple, etc) Fruit Milk
<u>P.M</u> Snack	Trail Mix Fruit Milk	Yogurt Bark Fruit Water	Homemade Cookies Fruit Milk	Hot Dogs Veggie Slices Milk	Rice Cakes Cheese Veggies Juice