



Laurel Heights United Methodist Church Weekday School

Monthly Snack Menu Calendar

Aug	Monday	Tuesday	Wednesday	Thursday	Friday
1-4		A.M. Cereal / Milk P.M. Yogurt / Graham Crackers	A.M. Bread / pimento cheese / Milk P.M. Oyster Crackers / Cauliflower / Ranch	A.M. Bagels/ Cream Cheese / Milk P.M. Teddy Grahams	A.M. Ritz / Cheese Slices P.M. Trail Mix / peaches
7-11	A.M. Pancakes / Apple Sauce Dip / Milk P.M. Cereal bars / Mixed Fruit	A.M. Cereal / Milk / Strawberries P.M. Carrot / Pineapple / apple salad / Ritz crackers	A.M. Wheat thin chips / Guacamole / Milk P.M. Rice Cakes / Broccoli / Ranch	A.M. Bean & Cheese Tacos / mixed fruit P.M. Cottage cheese / Nilla wafers	A.M. Graham Crackers / Cream Cheese / Milk P.M. Wheat Saltines / Celery / pimento cheese
21-25	A.M. Ritz / Cheese Slices P.M. Trail Mix / peaches	A.M. Cereal / Milk / Raspberries P.M. English Muffins / fruit preserves	A.M. Hummus / Ritz Chips / Milk P.M. Granola bars / Blueberries	A.M. Pancakes / Fruit Cocktail / Milk P.M. Yogurt / Animal Crackers	A.M. Cheerios topping w/ yogurt P.M. Cucumbers/ Ranch / Goldfish
28-31	A.M. Club Crackers / Match Stick Carrots / Ranch / Milk P.M. Cheese Crackers / Fruit Cocktail	A.M. Cereal / Milk / Blueberries P.M. Yogurt / Animal Crackers	A.M. Trail Mix / Apple Sauce / Milk P.M. Triscuits / Spinach Dip	A.M. Waffles / oranges / Milk P.M. Flat Bread Crackers / Cheese Cubes	