



Laurel Heights United Methodist Church Weekday School

Monthly Snack Menu Calendar

Feb		Monday	Tuesday	Wednesday	Thursdays	Friday
3-7	AM	Yogurt / Cereal topping	Cereal / Milk / Strawberries	Club Crackers / Cheese Slices	Wheat thins/Hummus /Bell Peppers/Milk	Waffles / Cream Cheese
	PM	Cookies / Apples	Saltines /Cheese sticks	Animal Crackers / Oranges	Rice Cakes / fruit	Teddy Grahams / Gogurt
10-14	AM	Yogurt / Cereal topping	Cereal / Milk / Bananas	Bread / Cheese Slices	Veggie straws/Hummus/ cucumbers/Milk	Valentine's Day Snack Pancakes/ strawberries/cool whip
	PM	Graham crackers/ apple Sauce	Ritz / Cheese cubes	Goldfish/Watermelon	Cheese crackers / fruit	Wafers / Gogurt
17-21	AM	Holiday	Cereal / Milk / Strawberries	Club Crackers / Cheese Slices	Wheat thins/Hummus /Bell Peppers/Milk	Waffles / Cream Cheese
	PM	Holiday	Saltines /Cheese sticks	Animal Crackers / Oranges	Rice Cakes / fruit	Teddy Grahams / Gogurt
24-28	AM	Yogurt / Cereal topping	Cereal / Milk / Bananas	Bread / Cheese Slices	Veggie straws/Hummus/ cucumbers/Milk	Trail Mix / Cheese cubes
	PM	Graham crackers/ apple Sauce	Ritz / Cheese cubes	Goldfish/Watermelon	Cheese crackers / fruit	Wafers / Gogurt