



Laurel Heights United Methodist Church Weekday School

Monthly Snack Menu Calendar

Jan	Monday	Tuesday	Wednesday	Thursday	Friday
7-11	A.M. Pancakes w/ fruit spread/ Milk P.M. Graham Crackers / Applesauce	A.M. Veggies Straws / Hummus / milk P.M. Animal Crackers / Gogurt	A.M. Cereal / Milk / Bananas P.M. Teddy Grahams / canned fruit	A.M. Yogurt w / Cereal topping P.M. Cheese Crackers	A.M. Ritz Crackers/Cheese slices P.M. Rice Cakes / canned fruit
14-18	A.M. Waffles / cream cheese P.M. Cookies/ Apples	A.M. Cheese Quesadillas P.M. Nilla Wafers / Gogurt	A.M. Cereal / Milk / blueberries P.M. Goldfish / Bell Peppers / Ranch	A.M. Yogurt w / Cereal Topping P.M. Oyster Crackers / Cheese cubes	A.M. Saltines Crackers / Cheese Slices P.M. Cereal bars / canned fruit
21-25	Holiday	A.M. Veggies Straws / Hummus / milk P.M. Animal Crackers / Gogurt	A.M. Cereal / Milk / Strawberries P.M. Teddy Grahams / canned fruit	A.M. Yogurt w/ Cereal Topping P.M. Cheese Crackers	A.M. Ritz Crackers / cheese slices P.M. Rice Cakes / canned fruit
28-31	A.M. Pancakes w/ fruit spread/ Milk P.M. Graham Crackers / Applesauce	A.M. Cheese Quesadillas P.M. Nilla Wafers / Gogurt	A.M. Cereal / Milk / Oranges P.M. Goldfish / Bell Peppers / Ranch	A.M. Yogurt w / Cereal Topping P.M. Oyster Crackers / Cheese cubes	