



Laurel Heights United Methodist Church Weekday School

Monthly Snack Menu Calendar

July	Monday	Tuesday	Wednesday	Thursday	Friday
9~13	A.M. Crackers / Cheese Slices P.M. Cereal bars / fruit Cocktail	A.M. Trail Mix / Cheese Cubes P.M. Animal Crackers / oranges	A.M. Cereal / Milk / blueberries P.M. Goldfish / Bell Peppers / Ranch	A.M. Yogurt w / Cereal topping P.M. Cheese Crackers/ Watermelon	A.M. Crackers/Cheese slices/ Sugar snap peas/ Ranch P.M. Rice Cakes / Cantaloupe
16-20	A.M. Waffles / cream cheese P.M. English Muffins / fruit preserves / pears	A.M. Ritz Chips / Refried Beans / Milk P.M. Graham Crackers / Applesauce	A.M. Cereal / Milk / Bananas P.M. Tomatoes / Crackers / Mozzarella cheese sticks	A.M. Yogurt w / blueberries P.M. Oyster Crackers / Cheese cubes	A.M. Veggies Straws / Hummus / Milk P.M. Turkey Roll up
23-27	A.M. Pancakes w/ fruit spread/ Milk P.M. Teddy Grahams / Gogurt	A.M. Trail Mix / Cheese sticks P.M. Club Crackers / match stick carrots / ranch	A.M. Cereal / Milk / Strawberries P.M. Whales / Bell Peppers / Ranch	A.M. Yogurt w/ Cereal Topping P.M. Bagels / cream cheese	A.M. Bread sticks / Marinara sauce / Shredded cheese P.M. Cookies/ Apples
30-31	A.M. Waffles / cream cheese P.M. Nilla wafers / peaches	A.M. Cheese Quesadillas P.M. Cereal bars / fruit Cocktail			