



Laurel Heights United Methodist Church Weekday School

Monthly Snack Menu Calendar

June	Monday	Tuesday	Wednesday	Thursday	Friday
5-9	A.M. Waffles / oranges / Milk P.M. Flat Bread Crackers / Cheese Cubes	A.M. Cereal / Milk P.M. Frozen Gogurt / Graham Crackers	A.M. Bread / Bacon / Milk P.M. Oyster Crackers / Cauliflower / Ranch	A.M. Melba toast / Cream Cheese / Milk P.M. Teddy Grahams Yogurt	A.M. Ritz / Cheese Slices P.M. Trail Mix / peaches
12-16	A.M. Mini Pancakes / Fruit Cocktail / Milk P.M. Cheese Quesadillas	A.M. Cereal / Milk / Bananas P.M. Nilla Wafers / Mixed Berries	A.M. Multigrain club crackers / Cheese Slices / Cantaloupe P.M. Goldfish / Bell Peppers / Ranch	A.M. Yogurt / Animal Crackers P.M. Cookies / watermelon	A.M. Saltines / Cheese Sticks / peaches P.M. Bread / fruit preserves
19-23	A.M. French Toast Sticks / 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. Club Crackers / Match Stick Carrots / Ranch / Milk P.M. Cheese Crackers / Fruit Cocktail	A.M. Graham Crackers / Cream Cheese / Milk P.M. Wheat Saltines / Celery / pimento cheese
26-30	A.M. Bean & Cheese Tacos / mixed fruit P.M. Cottage cheese / Nilla wafers	A.M. Cereal / Milk / Raspberries P.M. English Muffins / fruit preserves	A.M. Hummus / Ritz Chips / Milk P.M. Granola bars / Blueberries	A.M. Trail Mix / Apple Sauce / Milk P.M. Triscuits / Spinach Dip	A.M. Cheerios topping w/ yogurt / Water P.M. Cucumbers/ Ranch / Goldfish