



# Laurel Heights United Methodist Church Weekday School

## Monthly Snack Menu Calendar

Oct	Monday	Tuesday	Wednesday	Thursday	Friday
1-5	<b>A.M.</b> Pancakes w/ fruit spread/ Milk <b>P.M.</b> Graham Crackers / Applesauce	<b>A.M.</b> Bagels / Cream Cheese <b>P.M.</b> Nilla Wafers / Gogurt	<b>A.M.</b> Cereal / Milk / blueberries <b>P.M.</b> Goldfish / Bell Peppers / Ranch	<b>A.M.</b> Yogurt w / Cereal topping <b>P.M.</b> Cheese Crackers/ Watermelon	<b>A.M.</b> Ritz Crackers/Cheese slices <b>P.M.</b> Rice Cakes / canned fruit
8-12	<b>Holiday</b>	<b>A.M.</b> Veggies Straws / Hummus / milk <b>P.M.</b> Teddy Grahams / Gogurt	<b>A.M.</b> Cereal / Milk / Bananas <b>P.M.</b> Animal Crackers / canned fruit	<b>A.M.</b> Yogurt w / Cereal Topping <b>P.M.</b> Oyster Crackers / Cheese cubes	<b>A.M.</b> Saltines Crackers / Cheese Slices <b>P.M.</b> Cereal bars / canned fruit
15-19	<b>A.M.</b> Waffles / cream cheese <b>P.M.</b> Cookies/ Apples	<b>A.M.</b> Cheese Quesadillas <b>P.M.</b> Nilla Wafers / Gogurt	<b>A.M.</b> Cereal / Milk / Strawberries <b>P.M.</b> Goldfish / Bell Peppers / Ranch	<b>A.M.</b> Yogurt w/ Cereal Topping <b>P.M.</b> Trail Mix / cheese cubes	<b>A.M.</b> Ritz Crackers / cheese slices <b>P.M.</b> Rice Cakes / canned fruit
22-26	<b>A.M.</b> Pancakes w/ fruit spread/ Milk <b>P.M.</b> Cheese Crackers/ Watermelon	<b>A.M.</b> Veggies Straws / Hummus / milk <b>P.M.</b> Teddy Grahams / Gogurt	<b>A.M.</b> Cereal / Milk / blueberries <b>P.M.</b> Animal Crackers / canned fruit	<b>A.M.</b> Yogurt w/ Cereal Topping <b>P.M.</b> English Muffins / fruit preserves / canned fruit	<b>A.M.</b> Saltines Crackers / Cheese Slices <b>PP.M.</b> Cereal bars / canned fruit
29-31	<b>A.M.</b> Waffles / cream cheese <b>A.M.</b> Trail Mix / Cheese cubes	<b>A.M.</b> Bagels / Cream Cheese <b>P.M.</b> Nilla Wafers / Gogurt	<b>A.M.</b> Cereal / Milk / Oranges <b>P.M.</b> Goldfish / Bell Peppers / Ranch		