



Laurel Heights United Methodist Church Weekday School

Monthly Snack Menu Calendar

Oct		Monday	Tuesday	Wednesday	Thursdays	Friday
1-4	AM		Cereal / Milk / Bananas	Bread / Cheese Slices	Veggie straws/Hummus/ cucumbers/Milk	Triscuits / Cream Cheese
	PM		Ritz / Cheese cubes	Goldfish/Watermelon	Cheese crackers / fruit	Wafers / Gogurt
7-11	AM	Yogurt / Cereal topping /Raspberries	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
14-18	AM	Holiday	Cereal / Milk / Bananas	Bread / Cheese Slices	Veggie straws/Hummus/ cucumbers/Milk	Triscuits / Cream Cheese
	PM	Holiday	Ritz / Cheese cubes	Goldfish/Watermelon	Cheese crackers / fruit	Wafers / Gogurt
21-25	AM	Yogurt / Cereal topping /Raspberries	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
28-31	AM	Yogurt / Cereal topping / raspberries	Cereal / Milk / Bananas	Bread / Cheese Slices	Wheat thins/Hummus / Pumpkin Oranges /Milk	
	PM	Graham crackers/ apple Sauce	Ritz / Cheese cubes	Goldfish/Watermelon	Rice Cakes / Pineapples	