



# Laurel Heights United Methodist Church Weekday School

## Monthly Snack Menu Calendar

Oct	Monday	Tuesday	Wednesday	Thursday	Friday
2-6	<b>A.M.</b> Bread / Pimento Cheese/ milk <b>P.M.</b> Goldfish / Cucumbers / Ranch	<b>A.M.</b> Cereal / Milk / Blueberries <b>P.M.</b> Nilla Wafers / Pears	<b>A.M.</b> Yogurt w / Cereal topping <b>P.M.</b> Rice cakes/ broccoli / ranch	<b>A.M.</b> Bean & Cheese Tacos / mixed fruit <b>P.M.</b> Frozen Gogurt / Animal Crackers	<b>A.M.</b> Graham Crackers/ cream cheese/ milk <b>P.M.</b> Flat Bread Crackers / Cheese Cubes
9-13	<b>Holiday</b>	<b>A.M.</b> Cereal / Milk / Bananas <b>P.M.</b> Oyster Crackers / Cauliflower / Ranch	<b>A.M.</b> Crackers/ Cheese sticks / tomatoes <b>P.M.</b> Teddy Grahams / oranges	<b>A.M.</b> Waffles / Apple Sauce Dip / Milk <b>P.M.</b> Cheese Crackers / Fruit Cocktail	<b>A.M.</b> Trial Mix /cheese cubes / Milk <b>P.M.</b> Cereal bars / Mixed Fruit
16-20	<b>A.M.</b> Cheese Quesadillas / peaches <b>P.M.</b> Cookies / watermelon	<b>A.M.</b> Cereal / Milk / Strawberries <b>P.M.</b> Yogurt/ Nilla wafers	<b>A.M.</b> Club Crackers / Cheese Slices <b>P.M.</b> Goldfish / Bell Peppers / Ranch	<b>A.M.</b> Hummus / Ritz Chips / Milk <b>P.M.</b> Triscuits / Cheese Cubes	<b>A.M.</b> Pancakes / Peaches / Milk <b>P.M.</b> Bread / fruit spread
23-27	<b>A.M.</b> Club Crackers / cheese cubes / Strawberries <b>P.M.</b> Teddy Grahams / oranges	<b>A.M.</b> Cereal / Milk / Blueberries <b>P.M.</b> Rice Cakes / Broccoli / Ranch	<b>A.M.</b> Wheat thin chips / Guacamole / Milk <b>P.M.</b> Cereal bars / Blueberries	<b>A.M.</b> Yogurt w / Animal crackers <b>P.M.</b> Trail Mix / peaches	<b>A.M.</b> Waffles / Apple Sauce Dip / Milk <b>P.M.</b> Bagels w / Cream Cheese
30-31	<b>A.M.</b> Cereal / Milk / Raspberries <b>P.M.</b> English Muffins / fruit preserves	<b>A.M.</b> Cookies/ Pumpkin Oranges / Milk <b>P.M.</b> Yogurt / cereal topping			