

RIPPLETON ROADSTERS SNACK MENU					
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week 1					
Am	MELBA TOAST WITH SOY BUTTER AND FRESH FRUIT	MULTI-GRAIN CEREAL WITH FRESH FRUIT AND MILK	FRESH FRUIT WHOLE WHEAT TOAST AND MILK	WHOLE WHEAT CRACKERS WITH FRUIT AND MARBLE CHEESE	VANILLA YOGURT WITH WHOLE WHEAT CRACKERS AND FRESH FRUIT
Pm	MULTI-GRAIN NACHOS WITH SALSA AND CHEESE	VEGGIES WITH YOGURT BASED DIP AND WHOLE WHEAT PITA	MULTI-GRAIN CEREAL WITH FRESH FRUIT AND MILK	MELBA TOAST SOY BUTTER AND CELERY	WHOLE WHEAT TORTILLA, PIZZA SAUCE WITH FRESH VEGGIES AND SHREDDED MOZZARELLA
Week 2					
Am	GRAHAM CRACKERS FRESH FRUIT AND MILK	VANILLA YOGURT WITH MULTI-GRAIN CEREAL AND FRESH FRUIT	MULTI-GRAIN CEREAL AND FRESH FRUIT AND MILK	FRESH FRUIT WHOLE WHEAT CRACKERS AND SOY BUTTER	WHOLE WHEAT TOAST WITH FRESH FRUIT AND MILK
Pm	BREAD STICKS FRESH FRUIT AND VANILLA YOGURT DIP	VEGGIES WITH YOGURT BASED DIP AND WHOLE WHEAT PITA	TUNA AND VEGGIE SALAD WITH MULTI-GRAIN CRACKERS SUBSTITUTE CHICKEN FOR TUNA AS REQUIRED	GRAHAM CRACKER FRESH FRUIT AND MILK	MULTI-GRAIN CEREAL WITH FRESH FRUIT AND MILK
Week 3					
Am	APPLE SAUCE GRAHAM CRACKER AND SOY BUTTER	MULTI-GRAIN CEREAL WITH FRESH FRUIT AND MILK	FRESH FRUIT WHOLE WHEAT CRACKERS AND CHEDDAR CHEESE	BREAD STICKS AND FRESH FRUIT AND MILK	VANILLA YOGURT WITH WHOLE WHEAT CRACKERS AND FRESH FRUIT
Pm	MULTI-GRAIN CRACKERS WITH BRUSCHETTA AND CHEESE	WHOLE WHEAT TORTILLA, PIZZA SAUCE WITH FRESH VEGGIES AND SHREDDED MOZZARELLA	MULTI-GRAIN CEREAL WITH FRESH FRUIT AND MILK	VEGGIES AND YOGURT BASE DIP WITH WHOLE WHEAT PITA	MULTI-GRAIN NACHOS WITH SALSA AND CHEESE
Week 4					
Am	MELBA TOAST WITH MILK AND FRESH FRUIT	VANILLA YOGURT WITH CEREAL AND FRESH FRUIT	MULTI GRAIN CEREAL WITH FRESH FRUIT AND MILK	WHOLE WHEAT CRACKERS FRESH FRUIT AND MILK	WHOLE WHEAT TOAST WITH FRESH FRUIT AND MILK
Pm	TUNA AND VEGGIE SALAD WITH MULTI-GRAIN CRACKERS SUBSTITUTE CHICKEN FOR TUNA AS REQUIRED	VEGGIES WITH YOGURT BASED DIP AND WHOLE WHEAT PITA BREAD	MULTI-GRAIN CRACKERS WITH BRUSCHETTA AND CHEESE	WHOLE WHEAT PITA WITH FRESH FRUIT AND SOY BUTTER	MULTI-GRAIN CEREAL WITH MILK AND FRESH FRUIT
*5:30pm	Fruits or veggies will be offered to remaining children each day as a 3 rd snack.				

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- WATER IS AVAILABLE ON THE TABLE FOR EACH SNACK**

ALL OUR SNACKS INCLUDE **MULTI-GRAIN** OR **WHOLE WHEAT** PRODUCTS (BREADS, CRACKERS, MELBA TOAST, CEREAL)

ALL OUR **FRUIT** AND **VEGETABLES** ARE FRESH AND IN SEASON

ALL OUR **FRUITS** AND **VEGETABLES** ARE WASHED AND LOGGED BEFORE SERVING

ALL CHANGES OR SUBSTITUTIONS ARE LOGGED

