

| RIPPLETON ROADSTERS SNACK MENU | | | | | |
|--------------------------------|--|---|---|---|--|
| | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
| Week 1 | | | | | |
| Am | CEREAL WITH FRESH FRUIT AND MILK | BANANA, SOY BUTTER, PITA ROLL-UP WITH MILK | WHOLE WHEAT PITA AND FRESH FRUIT AND MILK | WHOLE WHEAT CRACKERS WITH FRUIT AND CHEESE | VANILLA YOGURT DIP WITH BREADSTICKS AND FRESH FRUIT |
| Pm | MELBA TOAST WITH BRUSCHETTA AND CHEESE | VEGGIES WITH YOGURT BASED DIP AND WHOLE WHEAT PITA | STONED WHEAT CRACKERS, MILK AND FRUIT | SOY BUTTER SANDWICHES AND MILK | CEREAL WITH FRESH FRUIT AND MILK |
| Week 2 | | | | | |
| Am | STONED WHEAT THINS FRESH FRUIT AND MILK | OATMEAL MUFFINS WITH MILK OR MILK ALTERNATIVE AND FRUIT | CEREAL WITH FRESH FRUIT AND MILK | APPLE SAUCE BREAD STICKS AND MILK | VANILLA YOGURT DIP WITH WHOLE WHEAT CRACKERS AND FRESH FRUIT |
| Pm | MELBA TOAST WITH BRUSCHETTA AND CHEESE | SOY BUTTER SANDWICHES AND MILK | VEGGIES WITH TZATZIKI AND WHOLE WHEAT PITA | STONED WHEAT CRACKERS, MILK AND FRUIT | CEREAL WITH FRESH FRUIT AND MILK |
| Week 3 | | | | | |
| Am | CEREAL WITH FRESH FRUIT AND MILK | APPLE SAUCE BREAD STICKS AND MILK | FRESH FRUIT WHOLE WHEAT CRACKERS AND CHEESE | OATMEAL MUFFINS WITH MILK OR MILK ALTERNATIVE AND FRUIT | VANILLA YOGURT DIP WITH WHOLE WHEAT CRACKERS AND FRESH FRUIT |
| Pm | SOY BUTTER AND SANDWICHES AND MILK | VANILLA YOGURT DIP WITH BREAD STICKS AND FRESH FRUIT | CEREAL WITH FRESH FRUIT AND MILK | VEGGIES AND YOGURT BASE DIP WITH WHOLE WHEAT PITA | MELBA TOAST WITH BRUSCHETTA AND CHEESE |
| Week 4 | | | | | |
| Am | MELBA TOAST WITH MILK AND FRESH FRUIT | APPLE SAUCE WHEAT CRACKERS AND SOY BUTTER | WHOLE WHEAT CRACKERS FRESH FRUIT AND MILK | CEREAL WITH FRESH FRUIT AND MILK | OATMEAL MUFFINS WITH MILK OR MILK ALTERNATIVE AND FRUIT |
| Pm | CEREAL WITH MILK AND FRESH FRUIT | BREAD STICKS FRESH FRUIT AND VANILLA YOGURT DIP | VEGGIES WITH TZATZIKI AND WHOLE WHEAT PITA | STONED WHEAT THIN CRACKERS FRESH FRUIT AND MILK | MELBA TOAST WITH BRUSCHETTA AND CHEESE |
| *5:30pm | Fruits or veggies will be offered to remaining children each day as a 3rd snack. | | | | |

- ✓ **WATER** IS AVAILABLE ON THE TABLE FOR EACH SNACK
 - ✓ **GLUTEN FREE** ALTERNATIVES PROVIDED
 - ✓ **MILK ALTERNATIVE** IS PROVIDED AS A SUBSTITUTE
- ✓ ALL OUR SNACKS INCLUDE **MULTI-GRAIN** OR **WHOLE WHEAT** PRODUCTS (BREADS, CRACKERS, MELBA TOAST, CEREAL)
 - ✓ ALL OUR **FRUITS** AND **VEGETABLES** ARE FRESH AND IN SEASON
 - ✓ ALL OUR **FRUITS** AND **VEGETABLES** ARE WASHED AND LOGGED BEFORE SERVING
 - ✓ ALL CHANGES OR SUBSTITUTIONS ARE LOGGED

