

RIPPLETON ROADSTERS SNACK MENU					
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week 1					
Am	Cereal, Fresh Fruit and Milk	Banana, Soy Butter, Pita Roll-Up with Milk	Whole Wheat Pita, Fresh Fruit and Milk	Whole Wheat Crackers, Fruit and Cheese	Vanilla Yogurt Dip, Breadsticks and Fresh Fruit
Pm	Melba Toast Bruschetta and Cheese	Veggies, Yogurt Based Dip and Whole Wheat Pita	Wheat Crackers, Milk and Fruit	Cereal, Fresh Fruit and Milk	Nachos, Salsa and Cheese
Week 2					
Am	Wheat Thins, Fresh Fruit and Milk	Oatmeal Muffins, Milk and Fruit	Cereal, Fresh Fruit and Milk	Apple Sauce, Bread Sticks and Milk	Vanilla Yogurt Dip, Whole Wheat Crackers and Fresh Fruit
Pm	Melba Toast, Bruschetta and Cheese	Bread Sticks Fresh Fruit and Vanilla Yogurt Dip	Veggies, Tzatziki and Whole Wheat Pita	Wheat Crackers, Fruit and Milk	Cereal, Fresh Fruit and Milk
Week 3					
Am	Cereal, Fresh Fruit and Milk	Apple Sauce, Bread Sticks and Milk	Fresh Fruit, Whole Wheat Crackers and Cheese	Breakfast Pita, Soy Butter and Milk	Vanilla Yogurt Dip, Whole Wheat Crackers and Fresh Fruit
Pm	Nachos, Salsa and Cheese	Vanilla Yogurt Dip, Bread Sticks and Fresh Fruit	Cereal, Fresh Fruit and Milk	Veggies, Yogurt Base Dip with Whole Wheat Pita	Melba Toast, Bruschetta and Cheese
Week 4					
Am	Melba Toast, Milk and Fresh Fruit	Apple Sauce, Wheat Crackers and Milk	Whole Wheat Crackers, Fresh Fruit and Milk	Cereal, Fresh Fruit and Milk	Breakfast Pita, Soy Butter and Milk
Pm	Cereal With, Fresh Fruit and Milk	Bread Sticks Fresh Fruit and Vanilla Yogurt Dip	Veggies, Tzatziki and Whole Wheat Pita	Wheat Crackers Fresh Fruit and Milk	Melba Toast, Bruschetta and Cheese
*5:30pm	Fruits or veggies will be offered to remaining children each day as a 3rd snack.				

- ✓ **WATER** IS SERVED WITH EACH SNACK
- ✓ **GLUTEN FREE** ALTERNATIVES ARE PROVIDED
- ✓ **MILK ALTENATIVE** 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

