

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	Breakfast Pita, Fresh Fruit and Milk	Whole Wheat Crackers, Fresh Fruit and Cheese	Vanilla Yogurt Dip, Graham Crackers and Fresh Fruit
Pm	Fresh Veggies, Yogurt Based Dip and Whole Wheat Pita	Melba Toast Bruschetta and Cheese	Whole Wheat Crackers, Fresh Fruit and Milk	Cereal, Fresh Fruit and Milk	Nachos, Salsa and Cheese
Week 2					
Am	Whole Wheat Crackers, Fresh Fruit and Milk	Oatmeal Muffins, Fresh Fruit and Milk	Cereal, Fresh Fruit and Milk	Apple Sauce, Whole Wheat Crackers and Milk	Vanilla Yogurt Dip, Whole Wheat Crackers and Fresh Fruit
Pm	Fresh Veggies, Tzatziki Dip and Whole Wheat Pita	Vanilla Yogurt Dip, Graham Crackers and Fresh Fruit	Melba Toast Bruschetta and Cheese	Whole Wheat Crackers, Fresh Fruit and Milk	Cereal, Fresh Fruit and Milk
Week 3					
Am	Cereal, Fresh Fruit and Milk	Apple Sauce, Graham Crackers and Milk	Whole Wheat Crackers, Fresh Fruit and Cheese	Breakfast Pita, Soy Butter and Milk	Vanilla Yogurt Dip, Whole Wheat Crackers and Fresh Fruit
Pm	Fresh Veggies, Yogurt Based Dip and Whole Wheat Pita	Nachos, Salsa and Cheese	Cereal, Fresh Fruit and Milk	Vanilla Yogurt Dip, Graham Crackers and Fresh Fruit	Melba Toast, Bruschetta and Cheese
Week 4					
Am	Melba Toast, Fresh Fruit and Milk	Apple Sauce, Whole Wheat Crackers and Milk	Whole Wheat Crackers, Fresh Fruit and Milk	Cereal, Fresh Fruit and Milk	Breakfast Pita, Soy Butter and Milk
Pm	Fresh Veggies, Tzatziki Dip and Whole Wheat Pita	Cereal, Fresh Fruit and Milk	Vanilla Yogurt Dip, Graham Crackers and Fresh Fruit	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 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

