RIPPLETON ROADSTERS SNACK MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
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	Pizza Rolls, Tortillas, Pizza Sauce, Peppers and Cheese	Nachos, Salsa and Cheese	Whole Wheat Crackers, Fresh Fruit and Milk	Cereal, Fresh Fruit and Milk	Melba Toast Tzatziki and Cucumbers
Week 2 Am	Whole Wheat Crackers, Fresh Fruit and Milk	Cereal, Fresh Fruit and Milk	Breakfast Rounds, Fresh Fruit and Milk	Apple Sauce, Whole Wheat Crackers and Milk	Vanilla Yogurt Dip, Whole Graham Crackers and Fresh Fruit
Pm	Vanilla Yogurt Dip, Graham Crackers and Fresh Fruit	Pizza Rolls, Tortillas, Pizza Sauce, Peppers and Cheese	Whole Wheat Crackers, Fresh Fruit and Milk	Cereal, Fresh Fruit and Milk	Melba Toast Tzatziki and Cucumbers
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 Ranch Dip and Whole Wheat Pita	Nachos, Salsa and Cheese	Vanilla Yogurt Dip, Graham Crackers and Fresh Fruit	Cereal, Fresh Fruit and Milk	Pizza Rolls, Tortillas, Pizza Sauce, Peppers 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	Pizza Rolls, Tortillas, Pizza Sauce, Peppers and Cheese	Cereal, Fresh Fruit and Milk	Vanilla Yogurt Dip, Graham Crackers and Fresh Fruit	Wheat Crackers Fresh Fruit and Milk	Melba Toast Tzatziki and Cucumbers
*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 ALTENATIV**E 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

REVIEWED June 26 2024