

SEPTEMBER SNACK MENU

				1 Apple Slices and String Cheese
4 	5 Cheesy Egg Whites w/ Whole Wheat Toast Apple Sauce w/ Cream Cheese & Whole Grain Crackers	6 Blue Berry Pancakes w/ Milk Salsa Black Bean Dip w/ Organic Corn Chips	7 Whole Grain Fig Bars w/ Vanilla Yogurt Cheese Cubes w/ Cucumber Slices & Whole Wheat Crackers	8 Multi-Grain Cereal w/ Milk & Fresh Fruit Cream Cheese w/ Pretzels Twists & Apple Slices
11 Egg White Breakfast Burrito w/ Cheese & Salsa on the side Salsa Black Bean Dip w/ Organic Corn Chips	12 Whole Wheat French Toast w/ Fruit Compote Mini Quesadillas w/ Fresh Fruit	13 Cheesy English Muffin w/ Fresh Fruit Hummus w/ Carrots & pretzel's	14 Waffles w/ Banana Slices & Honey Drizzle Yogurt w/ Fresh Fruit & Graham Crackers	15 Cream of Wheat w/ fresh Fruit Whole Wheat Italian Bruschetta Toast
18 Waffles w/ Banana Slices & Honey Drizzle Honey Yogurt w/ Fresh Fruit & Animal Crackers	19 Eggs w/ Sautéed Bell Peppers & Whole Wheat toast Fresh Fruit w/ Honey Pretzel Twist	20 Whole Wheat French Toast w/ Fruit Compote Mini Quesadillas w/ Fresh Fruit	21 Whole Grain Cereal w/ Milk & Fresh Fruit Whole Wheat Italian Bruschetta Toast	22 Whole Grain Fig Bars w/ Vanilla Yogurt Cheese Cubes w/ Cucumber Slices & Whole Wheat Crackers
25 Cream Cheese w/ Whole Grain Crackers & Fresh Fruit Apple Sauce w/ Whole Grain Goldfish Crackers	26 Egg White Breakfast w/ Cheese, Turkey Sausage & Whole Grain Bread Hummus w/ Carrots & Pretzel's	27 Cream Cheese w/ Whole Wheat Bagel & Fresh Fruit Cheese Cubes w/ Whole Wheat Crackers & Fresh Fruit	28 Cheesy Egg White Breakfast Burrito w/ Fresh Fruit Fresh Fruit Smoothie & Whole Wheat Pretzels	29 Cinnamon Oat Bars w/ Milk String Cheese w/ Fresh Fruit