FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

February Snack Menu

***This menu is subject to change.**

		1 Open Faced Egg Sandwich Homemade Nut Free Trail Mix	2 Whole Wheat French Toast w/ Fruit Compote Wow Butter & Sliced Banana Tea Sandwiches	3 Whole Grain Cereal w/ Milk & Fresh Fruit Cheese Cubes, Wheat Thins & Grapes
6 Spinach Scramble w/ Fresh Fruit Hummus w/ Pita Chips & Carrots Sticks	7 Oatmeal w/ Fresh Fruit Homemade Nut Free Trail Mix	8 Whole Wheat French Toast w/ Fresh Fruit Compote Apple Sauce w/ Whole Grain Goldfish Crackers	9 Banana Pancakes w/ Milk Fresh Fruit Smoothie w/ Yogurt	10 Breakfast Burrito w/ Black Beans String Cheese & Fresh Fruit
13 Fresh Fruit W/Cream Cheese & Whole Wheat crackers Homemade Nut Free Trail Mix	14 Yogurt & Blueberries Cream Cheese Turkey Rolls & Fresh Fruit	15 Bagels w/ Cream Cheese & Fresh Fruit Whole Wheat Graham Crackers w/ Wow Butter & Fresh Fruit	16 Open Faced Egg Sandwich Hummus w/ Pita Chips & Carrot Sticks	17 Whole Grain Cereal w/ Milk & Fresh Fruit Yogurt & Fruit Parfaits
20  	21 Breakfast Burrito w/ Black Beans Whole grain Goldfish crackers w/ fresh Fruit	22 Oatmeal W/Raisins & Milk Cottage Cheese w/ fresh Fruit	23 Whole Wheat French Toast w/ Strawberries String Cheese & Fresh Fruit	24 Banana Pancakes W/Milk Yogurt & Fruit Parfaits
27 Fresh Fruit W/Cream Cheese & Whole Wheat crackers String Cheese & Fresh Fruit	28 Cheesy English Muffin & Fresh Fruit Hummus w/ Pita Chips & Carrot Sticks			

- This menu is subject to change.
- 1% Milk is served to children 2 and up.
- 2% Milk is served to children under 2 yrs.
- Water is served with every snack and is our primary source of beverage.
- A ½ serving of fresh fruits and/or vegetables is served with every snack.