

CYC Fall 2020 Morning Snack Menu

(Week One)

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>
½ banana	(No Added Sugar) Applesauce Original or Blueberry (one cup)	**Blueberry or Raspberry Bars (one bar) (see below)	Fruit/Veggie Pouch (one pouch)** (see below)	Fruit Cup (No Sugar added) Varied Fruits (one cup)

(Week Two)

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>
Clementine	Raisins or prunes; Goldfish crackers	Organic Fruit Strip (Wildberry) (one/child)	Yogurt Smoothie one bottle/child	Applesauce (No added sugar) (one cup)

(Week Three)

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>
½ banana	(No Added Sugar) Applesauce Original or Blueberry (one cup)	**Blueberry or Raspberry Bars (one bar) (see below)	Fruit/Veggie Pouch (one pouch) (see below)	Fruit Cup (No Sugar added) Varied Fruits

(Week Four)

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>
Clementine	Raisins or prunes; Goldfish crackers	Organic Fruit Strip (Wildberry) (one/child)	Yogurt Smoothie one bottle/child	Applesauce (No added sugar) (one cup)

Please have children use their water bottles for snack if thirsty.

**Blueberry/raspberry bars are dairy free, peanut free, vegan.

Spoons (for snack/recyclable), cups (for milk for lunch), and napkins (snack /lunch) are in kitchen.

***Fruit/veggie liquid pouch is gluten free, nut free, dairy free, unsweetened, and Kosher certified; pouches are not recyclable.