



SNACK LIST

Heritage Park Children's Programs
Jameswood Site

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	English Muffins (with Jam or Cheese Whiz) Fruit Milk	Muffins Fruit Milk	Yogurt Animal Crackers Juice	Waffles Fruit Milk	Cereal Fruit Milk
PM Snack	Ritz Crackers Pickle & Cheese Juice	Grilled Cheese Fruit Milk	Smoothie (Made with milk and Frozen Fruit) Arrow Root Cookies	Pizza Buns Vegetables Milk	Trail Mix Fruit Milk
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Pancakes Fruit Milk	Cereal Fruit Milk	Toast (Jam or Cheese Whiz) Fruit Milk	Yogurt Animal Crackers Fruit Water	Apple Sauce Graham Crackers Milk
PM Snack	Smoothie (Made with milk and Frozen Fruit) Arrow Root Cookie	Quesadillas Vegetables Juice	Rice Cakes (with Jam or Cheese Whiz) Fruit Milk	Ritz Crackers Garlic Sausage Cheese Vegetables Water	Fruit Cocktail Arrow Root Cookies Milk