

# Sample Snack Menu

## Monday

Saltine crackers  $\frac{1}{4}$  cup

Cheese  $\frac{1}{2}$  oz.

Apple slices  $\frac{1}{2}$  cup

Water

Cheddar Crackers  $\frac{1}{4}$  cup

Cheese  $\frac{1}{2}$  oz.

Orange slices  $\frac{1}{2}$  cup

Water

## Tuesday

English muffin  $\frac{1}{2}$  slice

Peanut butter 1 tbsp.

Grape juice  $\frac{1}{2}$  cup

Cinnamon toast  $\frac{1}{2}$  slice

Apple wedges  $\frac{1}{2}$  cup

Water

## Wednesday

Banana bread  $\frac{1}{4}$  cup

Pineapple juice  $\frac{1}{2}$  cup

Graham crackers  $\frac{1}{4}$  cup

Peanut butter 1 tbsp.

Water melon  $\frac{1}{2}$  cup

Water

## Thursday

Blueberry muffins  $\frac{1}{2}$  serving

Blueberries  $\frac{1}{2}$  cup

Water

Trail mix  $\frac{1}{4}$  oz w/ cheerio  $\frac{1}{4}$  oz.

Raisins  $\frac{1}{2}$  cup

Water

## Friday

Chocolate graham crackers  $\frac{1}{4}$  cup

Cream cheese 2 oz.

Grape juice  $\frac{1}{2}$  cup

Carrot sticks  $\frac{1}{2}$  cup

Yogurt dip 2 oz.

Cheddar crackers  $\frac{1}{4}$  cup  
Water