



St. John's Nursery School- Snack Menu V3

Fall Menu (September through December)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Bananas With Wow Butter	Hard Boiled Eggs Melba Toast (Seedlings: melba toast and cheese)	Bran Muffins Apple Slices	Rice Cakes Cucumbers Hummus	Black Beans Cheese Cubes Pickles
Week 2	Pears Breadsticks	Made Good Granola Bars Oranges Slices or clementines	Rice Rolls Cantaloupe	Cheese And Whole Wheat Crackers	Variety Friday (An assortment of snacks from week 1 and 2)
Week 3	Frozen peas Chick peas Mini pitas	Cucumbers Cheese cubes	Wow Butter Peppers Melba toast	Apple Cinnamon Muffins Apple slices	Blueberry mini pitas Bananas
Week 4	Rice Rolls Cheese cubes	Hard Boiled Eggs Whole wheat crackers (Seedlings: crackers and wow butter)	Cucumbers and Cherry tomatoes Hummus	Made Good Granola Bars Pears	Variety Fridays (An assortment of snacks from week 3 and 4)

** Water is available for the children to drink