



# St. John's Nursery School- Snack Menu v1

## Winter Menu (January – March)

\*\* If snack is served outside, snack can be substituted to allow ease for children to eat with mittens: granola bars, crackers, apples

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cheerios with Milk Apples	Gluten Free Cinnamon Raisin Bread with Cream Cheese and/or Apple Butter	Banana Muffins Apple Slices	Mini Pitas Cucumbers Hummus	Bananas Plain Yoghurt Shreddies
Week 2	Made Good Strawberry Granola Bars Oranges Slices or clementines	Breadsticks Baba ghanoush Dip	Shreddies Cereal Apples	Cheese And Whole Wheat Crackers Chick Peas	Variety Friday (An assortment of snacks from week 1 and 2)
Week 3	Zucchini Salsa Cheese	Frozen peas Chick peas Mini pitas	Multigrain Bagels Apple Butter	Bran Muffins Apple Slices	Blueberry mini pitas Wow Butter
Week 4	Bananas Rice cakes	English Muffins Wow Butter	Cucumbers Peppers Hummus	Arrowroot Biscuits Pears	Variety Fridays (An assortment of snacks from week 3 and 4)

\*\* Water is available for the children to drink