



St. John's Nursery School- Snack Menu v2

Winter Menu (December – March)

**** Snack is served outside most days and therefore are outdoor winter mitten friendly snacks. If we have snack inside, we can add in dips ie hummus/babaghanoush/etc or milk to drink ****

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cereal Mix Or Granola Bars Bananas	Banana Muffins Apple slices	Apple Cinnamon Snack Bars Pears	Gluten Free Breton Crackers Cheese	Blueberry Pitas Pears
Week 2	Rice Cakes Bananas	Multi Grain Gluten Free Crackers Baby Carrots and cucumbers Cheese	Made Good Strawberry Granola Bars Oranges Slices or clementines	Cranberry Scones Apple slices	Variety Friday (An assortment of snacks from week 1 and 2)
Week 3	Cucumbers Cheese Multigrain Gluten Free Crackers	Apple Cinnamon Snack Bars Pears	Mini Bagels Apples	Naan Bread Peppers	Bananas Arrowroot Cookies
Week 4	Apple Cinnamon Snack Bar Cheese	Made Good Mixed Berry Granola Bars Apples	Cucumbers Peppers Multi Grain Gluten Free Crackers	Bran Muffins Pears	Variety Fridays (An assortment of snacks from week 3 and 4)

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