



+St. John's Nursery School- Spring Snack Menu

April – June

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Frozen Bean Salad Mix Whole Wheat Mini Pitas	Whole Wheat Scones Apple Butter Bananas	Gluten Free Breten Crackers Cucumbers Cheese Cubes	Overnight Oats With Soy Milk Frozen Blueberries	Wow Butter Mini Whole Wheat Bagels Apples
Week 2	Cereal Mix (Shreddies, cheerios, Crispix) Bananas	Rice Crisps Hummus Cucumbers	Naan Bread Watermelon	Multi Grain Crackers Salsa Snow Peas	Variety Friday (An assortment of snacks from week 1 and 2)
Week 3	Gluten Free Breten Crackers Cheese Cubes Cucumbers	Plain Whole Grain Granola Plain Yogurt with Apple Butter	Whole Wheat Mini Pitas Hummus Snow peas Carrots	Rice Rolls Strawberries	Overnight Oats With Soy Milk Frozen Raspberries
Week 4	Cottage Cheese Frozen Peaches	Rice Cakes Cheese Cubes Peppers	Plain Yogurt Frozen Fruit Mix Chia Seeds	Wow Butter Mini Whole Wheat Bagels Apples	Variety Fridays (An assortment of snacks from week 3 and 4)

** Water is available for the children to drink