



# St. John's Nursery School- Snack Menu <sup>v1</sup>

## Fall Menu (September through December)

|               | Monday                                                          | Tuesday                                                                      | Wednesday                                          | Thursday                               | Friday                                                                 |
|---------------|-----------------------------------------------------------------|------------------------------------------------------------------------------|----------------------------------------------------|----------------------------------------|------------------------------------------------------------------------|
| <b>Week 1</b> | Cereal Trail Mix<br>(Shreddies/Crispix/<br>Cheerios)<br>Bananas | Broccoli/Cauliflower<br>Rice Crisps<br>Baba Ghanoush Dip                     | Apple Cinnamon Bars<br>Apple Slices                | Cucumbers<br>Whole Wheat Mini<br>Pitas | Gluten Free Crackers<br>Mozzarella Cheese<br>Cubes                     |
| <b>Week 2</b> | Multi Grain Crackers<br>Zucchini<br>Salsa                       | Made Good Granola<br>Bars<br>Orange Slices                                   | Peppers<br>Melba Toast<br>Hummus                   | Pear Slices<br>Arrowroot Cookies       | Variety Friday<br>(An assortment of snacks<br>from week 1 and 2)       |
| <b>Week 3</b> | Mini Whole Wheat<br>Bagels<br>Apple Butter<br>Apple Slices      | Mini Pitas<br>Bean Salad<br>(Black beans, red<br>kidney beans,<br>chickpeas) | Gluten Free Crackers<br>Mozzarella Cheese<br>Cubes | Frozen Peaches<br>Cottage Cheese       | Cereal Trail Mix<br>(Shreddies/Crispix/<br>Cheerios)<br>Honeydew Melon |
| <b>Week 4</b> | Rice Rolls<br>Pear Slices                                       | Gluten Free<br>Multigrain Crackers<br>Cheese Cubes<br>Pickles                | Frozen Berries<br>Plain Yoghurt                    | Peppers<br>Melba Toast<br>Hummus       | Variety Fridays<br>(An assortment of snacks<br>from week 3 and 4)      |

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