

St. John's Nursery School- Snack Menu V1

Winter Menu (December – March)

** Snack is served outside most days and therefore are outdoor winter mitten friendly snacks. **

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Gluten Free Breton Crackers Cheese Cubes	Rice Cakes Cucumber Slices	Warm Oatmeal Blueberries	Herb and Garlic Cream Cheese Roll-ups Peppers	Warm Oat Milk Apple Slices
PM	Apple Slices	Baby Carrots	Made Good Granola Bars	Pear Slices	
Week 2	Rice Rolls Apple Slices	Warm Apple Sauce with Cinnamon Whole Wheat Bread Slices	Multi Grain Gluten Free Crackers Cheese	Whole Wheat Mini Pitas Cucumber Slices	Variety Friday (An assortment of snacks from week 1 and 2)
PM	Apple Slices	Bananas	Multi Grain Gluten Free Crackers	Cucumber Slices	
Week 3	Wow Butter Roll-Ups Bananas	Cinnamon Raisin Toast Apple Slices	Breton Gluten Free Crackers Warm Chicken Broth	Warm Oatmeal Blueberries	Rice Rolls Apple Slices
PM	Peppers	Bananas	Apple Slices	Breton Gluten Free Crackers	
Week 4	Whole Wheat English Muffins Wow Butter	Warm Oat Milk Bananas	Warm Apple Sauce with Cinnamon Whole Wheat Bread Slices	Made Good Granola Bars Apple Slices	Variety Fridays (An assortment of snacks from week 3 and 4)
PM	Bananas	Whole Wheat Mini Pitas	Pear Slices	Apple Slices	

** Water is available for the children to drink