

2-Week Snack Menu

		MONDAY - DAY 1	TUESDAY - DAY 2	WEDNESDAY - DAY 3	THURSDAY - DAY 4	FRIDAY - DAY 5
SNACK	Milk			Smoothie : Milk		
	Fruit	Snack Mix: Dried fruit		Strawberry/Banana	Berries	
	Vegetable		Carrot Sticks	Spinach (Optional)		Bean Tostada : Beans
	Grain	Cereal Mix			Granola	Corn Chips
	Meat or Meat Alternate		Hummus		Yogurt Parfait	
DAY 6		DAY 7	DAY 8	DAY 9	DAY 10	
SNACK	Milk					
	Fruit	Apple Slices		Fruit Dip	Banana Sushi Rolls	Frozen fruit (mango/peach)
	Vegetable		Tomato & Corn Salsa			
	Grain		Corn Chips	Toasted Pita Wedges	Tortilla	
	Meat or Meat Alternate	Nut Butter			Nut Butter	Fruity Smoothie: Yogurt