

## Creative Minds Montessori: Winter Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>AM:</b> Oatmeal+milk  <b>PM:</b> Carrot+hummus	<b>AM:</b> Yogurt and fruit  <b>PM:</b> Cheese+Tortilla	<b>AM:</b> Cheerios+milk  <b>PM:</b> oranges and cheezit	<b>AM:</b> Pancake+milk  <b>PM:</b> cucumber and ranch	<b>AM:</b> Wheat bix+milk  <b>PM:</b> food prep activity (baking)
<b>Week 2</b>	<b>AM:</b> Waffle+milk  <b>PM:</b> banana+cheez its	<b>AM:</b> yogurt with granola  <b>PM:</b> wheat thins and string cheese	<b>AM:</b> wheat shreddies+milk  <b>PM:</b> Apple and salted rice crackers	<b>AM:</b> bagel+cream cheese  <b>PM:</b> Pita chips and hummus	<b>AM:</b> apple sauce+cracker  <b>PM:</b> Clementines and cracker
<b>Week 3</b>	<b>AM:</b> hash brown and milk  <b>PM:</b> Graham cracker fruits	<b>AM:</b> egg toast+milk  <b>PM:</b> veggies sticks+fruits	<b>AM:</b> berries and yogurt  <b>PM:</b> celery sticks ritz	<b>AM:</b> English muffin with butter+milk  <b>PM:</b> goldfish +craisins	<b>AM:</b> Oat bites+milk  <b>PM:</b> food prep activity( no cook)
<b>Week 4</b>	<b>AM:</b> Cinnamon toast  <b>PM:</b> Cheese+crackers	<b>AM:</b> Bran flakes+milk  <b>PM:</b> carrot and ranch	<b>AM:</b> flat bread+milk  <b>PM:</b> animal crackers+fruits	<b>AM:</b> wheat shreddies+milk  <b>PM:</b> cheese and bread	<b>AM:</b> cream of wheat and milk  <b>PM:</b> Corn chips+salsa