

WPLS Snack Menu

5 week Cycle

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
November 9-13	Morning: Granola Bars (w/o nuts) Milk Afternoon: Goldfish Crackers Fruit Juice	Morning: Raisin Bread Milk Afternoon: Teddy Grams Fruit Juice	Morning: Blueberry Muffins Milk Afternoon: Mandarin Oranges Graham Crackers	Morning: Whole Grain Cheerios Milk Afternoon: Whole Grain Cheez-Its Fruit Juice	Morning: Strawberry Yogurt Milk Afternoon: Ritz Crackers Sliced Cheese
November 16-20	Morning: Raisin Bran Cereal Milk Afternoon: Animal Crackers Fruit Juice	Morning: Apple Slices Graham Crackers Afternoon: String Cheese Ritz Crackers	Morning: Strawberry Fruit Bar Milk Afternoon: Vanilla Wafers Apple Sauce	Morning: Lemon Poppy Seed Muffins, Milk Afternoon: Chex Mix (no nuts) Fruit Juice	Morning: Corn Flakes Milk Afternoon: NO SNACK ½ Day
November 30-December 4	Morning: ½ Banana Milk Afternoon: Teddy Grams Fruit Juice	Morning: Rice Krispie Cereal Milk Afternoon: Wheat Crackers and Cheese	Morning: Whole Wheat Bread with Nutella, Milk Afternoon: Goldfish Crackers Fruit Juice	Morning: Apple Cinnamon Muffin Milk Afternoon: Soft Pretzels Fruit Juice	Morning: Granola Bars (w/o nuts) Milk Afternoon: Whole Grain Cheez-Its Fruit Juice
December 7-11	Morning: Blueberry Cereal Bar Milk Afternoon: Pretzel Twist Cheese	Morning: Vanilla Yogurt with Granola (w/o nuts) Afternoon: Strawberry Cereal Bar	Morning: Apple Slices Cheese Slices Afternoon: Rice Krispie Treats Fruit Juice	Morning: Graham Crackers, Raisins Milk Afternoon: Garden Salsa Sun Chips Fruit Juice	Morning: Kix Cereal Milk Afternoon: Chex Mix (no nuts) Fruit Juice
December 14-18	Morning: Granola Bars (w/o nuts) Milk Afternoon: Goldfish Crackers Fruit Juice	Morning: Raisin Bread Milk Afternoon: Teddy Grams Fruit Juice	Morning: Blueberry Muffins Milk Afternoon: Mandarin Oranges Graham Crackers	Morning: Whole Grain Cheerios Milk Afternoon: Whole Grain Cheez-Its Fruit Juice	Morning: Strawberry Yogurt Milk Afternoon: NO SNACK ½ Day