

AFM Chandler Montessori – Snack Menu July 1, 2019 – July 31, 2019

AFM Chandler Montessori will serve one nutritional snack each day to all children. Children should eat a good breakfast before coming to school and will be served one snack in the morning and need to bring lunch plus a snack for 4:00 PM if they will still be here at that time.

Mon.	07/01 Animal Crackers & Milk	07/08 Rice Bitz & Milk	07/15 Animal Crackers & Milk	07/22 Honey Maid & Milk	07/29 Graham Crackers & Milk
Tue.	07/02 Chickpea Crisps & Fruit Punch Juice	07/09 Pretzel Crisp & Pineapple Juice	07/16 Chickpea Crisps & Fruit Punch Juice	07/23 Oyster Crackers & Fruit Punch Juice	07/30 Triscuits & Cherry Juice
Wed.	07/03 Grapes & Milk	07/10 Bananas & Milk	07/17 Bananas & Milk	07/24 Grapes & Milk	07/31 Bananas & Milk
Thu.	07/04 School Closed	07/11 Triscuits & Cherry Juice	07/18 Oyster Crackers & Mango Juice	07/25 Wheat thins & Pineapple juice	
Fri.	07/05 Life Cereal & Milk <u>Lunch</u> Cheese pizza, carrots, apples and apple juice <u>4:00 PM snack</u> Veggie Straws & apple juice	07/12 Cheerios & milk <u>Lunch</u> Cheese pizza, carrots, apples and apple juice Kinder Graduation <u>4:00 PM snack</u> Popcorn & apple juice	07/19 Life Cereal & Milk <u>Lunch</u> Cheese pizza, carrots, apples and apple juice Last Day of School <u>4:00 PM snack</u> Veggie sticks & apple juice	07/26 Cheerios & milk <u>Lunch</u> Cheese pizza, carrots, apples and apple juice Starting Water Day <u>4:00 PM snack</u> Popcorn & apple juice	

Examples of:

Fruits		Vegetables	Bread Products		Protein Sources
Apple Slices	Raisins	Carrot Sticks	Crackers	Cheerios	American cheese
Bananas	Pears	Celery Sticks	Graham Crackers	Life cereal	Cream Cheese
Grapes	Cuties	Veggie Straws	Bagels	Wheat Thins	1% Milk
Watermelon	100% fruit juice		Popcorn	Pretzel Crisps	
Apricots	Cantaloupe		Triscuits	Goldfish	