

# AFM Chandler – Snack Menu September 1, 2019 – September 30, 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.

<b>Mon.</b>	9/2 Animal Crackers & Milk	9/9 Rice Bitz & Milk	9/16 Animal Crackers & Milk	9/23 Honey Maid & Milk	9/30 Graham Crackers & Milk
<b>Tue.</b>	9/3 Oyster Crackers & Cherry Juice	9/10 Pretzel Crisp & Pineapple Juice	9/17 Chickpea Crisps & Mango Juice	9/24 Wheat thins & Fruit Punch Juice	
<b>Wed.</b>	9/4 Bananas & Milk	9/11 Grapes & Milk	9/18 Bananas & Milk	9/24 Bananas & Milk	
<b>Thu.</b>	9/5 Wheat thins & Fruit Punch Juice	9/12 Triscuits & Berry Juice	9/19 Oyster Crackers & White Grape	9/26 Triscuits & White Grape Juice	
<b>Fri.</b>	9/6 Life Cereal & Milk <u>Lunch</u> Cheese pizza, carrots, apples and apple juice <u>4:00 PM snack</u> Veggie Straws & apple juice	9/13 Cheerios & milk <u>Lunch</u> Cheese pizza, carrots, apples and apple juice <u>4:00 PM snack</u> Popcorn & apple juice	9/20 Life Cereal & Milk <u>Lunch</u> Cheese pizza, carrots, apples and apple juice <u>4:00 PM snack</u> Veggie sticks & apple juice	9/27 Cheerios & milk <u>Lunch</u> Cheese pizza, carrots, apples and apple juice <u>4:00 PM snack</u> Popcorn & apple juice	

Examples of:

<b>Fruits</b>	Apple Slices Pears Bananas Grapes Cuties	<b>Vegetables</b>	Carrot Sticks Celery Sticks Veggie Straws	<b>Bread Products</b>	Crackers, Goldfish Graham Crackers Bagels, Popcorn	Triscuits, Cheerios Pretzel Crisps Life cereal Wheat Thins	<b>Protein Sources</b>	American cheese Cream Cheese 1% Milk
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