




July Snack 2010

	Mon	Tues	Wed	Thur	Fri
AM				1 Biscuit 1 slice w/ Gravy Orange Juice ½ cup	2 Strawberries ¼ cup Blueberries ¼ cup Milk 1 cup
PM				Apple Slices ½ cup Grah Crackers 2 sheets Ice Water	String Cheese 1 oz. Red & Blue Rasp. Juice ½ cup
AM	5 CLOSED FOR INDEPENDENCE DAY 	6 Whole Wheat Toast w/S.F. Jelly 1 slice Peach Juice ½ cup	7 Bagel 1 slice w/cream cheese Fruit Punch ½ cup	8 Cottage Cheese ¼ cup Peaches ½ cup Ice Water	9 Cereal 1 bowl Milk 1 cup
PM	CLOSED FOR INDEPENDENCE DAY	Wheat Thins 1 oz. Rasp. Juice ½ cup	Wheat Crackers 8 ea. Cheese 1 ½ slices Ice Water	Pretzel Rods 1 oz. Cherry Juice ½ cup	Yogurt 4 oz. Apple Juice ½ cup
AM	12 Tropical Fruit ½ cup Van. Wafers 8 ea.	13 Toast 1 slice Cheese 1 ½ slices Ice water	14 Applesauce ½ cup Milk 1 cup	15 Pancake 1 ea. Orange Juice ½ cup	16 Pears ½ cup Van. Wafers 8 ea. Ice Water
PM	Peanut Butter 2 tbsp. Bread 1 slice Ice Water	Diced Peaches ½ cup Sport Grahams 1 pk. Ice Water	PB Crackers 1 pk. Cherry Juice ½ cup	Snack Crackers 7 ea. Cheese Cubes 1 oz. Ice Water	Pretzels w/ Nacho Cheese 15 each Grape Juice ½ cup
AM	19 Van. Grahams 1 pk. Apple Juice ½ cup	20 Cottage Cheese ¼ cup Wheat Thins 1 oz. Ice Water	21 Mandarin Oranges ½ cup Animal Cookies 1 oz. Ice Water	22 French Toast Sticks 3 each Orange Juice ½ cup	23 Biscuit w/Gravy 1 slice Apple Juice ½ cup
PM	Tortilla Chips 1oz w/ Nacho Cheese Cherry Juice ½ cup	Cheddar Whales 1 pk. Tomato Juice 1 can	Eng. Muffin w/ Pizza Sauce 1 slice Wh. Grape Juice ½ cup	Mixed Berries ½ cup Dino Bites 1 pkg. Ice Water	Animal Crackers 1 pkg. Fruit Juice ½ cup
AM	26 Waffle 1 ea. Rasp. Juice ½ cup	27 Cereal 1 bowl Milk 1 cup	28 Pancake or Waffle 1 Blue Rasp. Juice ½ cup	29 Fruit Cocktail ½ cup Grah. Crackers 2 sheets Ice Water	30 Toast 1 slice w/Apple Butter Very Berry Juice ½ cup
PM	Sport Grahams 1 pk. Fruit Punch ½ cup	Bread 1 slice Peanut Butter 2 tsp. W/S.F. Jelly Ice Water	Van. Grahams 1 pk. Watermelon Juice ½ cup	Snack Crackers 10 ea. Grape Juice ½ cup	Mixed Fruit ½ cup Milk 1 cup