

# September 2022

## Snack Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				AM. Cheerios and milk PM. Chips and salsa	AM. Cheese and crackers PM. Fruit and pretzels	
4	5	6	7	8	9	10
	<b>VGDS Closed Labor day</b>	AM. Yogurt and granola PM. Cucumber and humus	AM. Bagels and cream cheese PM. Chips and guacamole	AM. Breakfast bread with milk PM. Whole grain Goldfish and pineapple	AM. Pancakes and strawberries PM. Cucumbers with ranch	
11	12	13	14	15	16	17
	AM. Egg salad and crackers PM. Nutrigrain bar with milk	AM. Biscuits and jam PM. Ham slices with cheese	AM. Cherry tomatoes with fresh mozzarella PM. Cantaloupe with cottage cheese	AM. Watermelon and crackers PM. Applesauce with graham crackers	AM. Goldfish with cheddar cheese PM. Mini pretzels with fruit	
18	19	20	21	22	23	24
	AM. Yogurt with granola PM. Vanilla pudding with bananas	AM. Cereal and milk PM. Cucumbers with ranch	AM. Cheese and crackers PM. Blueberries and nut free trail mix	AM. Chex mix and string cheese PM. Cheese slices and pepperoni slices	AM. Oranges and veggies crackers PM. Guacamole and soft grilled pita	
25	26	27	28	29	30	1
	AM. Cantaloupe and cottage cheese PM. Bell pepper sticks with cream cheese dip	AM. Rice crackers with humus PM. Assorted muffins	AM. Chips and salsa PM. Cooked carrots with ranch	AM. Bagels with cream cheese PM. Dried cheerios with strawberries	AM. Banana and granola PM. Nacho chip with cheese sauce	