

SNACK MENU ST. FRANCIS AFTER SCHOOL SNACK MENU 2014 Jan, Feb & Mar.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Banana's Tortilla wraps ww Wow or Sun butter Water	Veggies Carrots Broccoli Cauliflower Dip Ranch Crackers Milk	EGGS Hard Boiled Bread Slices with Butter Cherry Tomatoes Water	Egg Noodles Parmesan Cheese Water	Oat Granola Bars (bake bars on Thurs) Apple Sauce Milk
2	Cereal (3 varieties) Berries Milk	Chicken Noodle Soup Broth 3 bx;s no salt carrots / celery chop& precooked noodles egg Water	Veggies Mushrooms peppers broccoli Hummus Buns mini whole wheat Milk	Pizza Sauce Shredded Cheese Water	Rice Cakes two varieties Can Fruit * peaches, Mandarins, pears Cream Cheese Water
3	Salad Tomatoes or cucumbers Croutons Milk	Muffins Bran or Honey Oat Bananas or Apples Water	Egg Noodles Parmesan Cheese Water	Popcorn Grapes Milk	Cereal pretzel mix Orange slices Milk
4	Grilled cheese Bread Whole Wheat Cheese slices thick Water	Bananas Yogurt Water	Cereal (3 varieties) Berries Milk	Meat Slices Pickles dill or bread Cheese cubes Crackers Water	Cucumbers Carrots Hummus Dip Crackers Milk
5	Nachos Chips Cheese Shredded Salsa mild Sour cream Water	Cereal (3 varieties) Bananas Milk	Rice Cakes t wo varieties Cream c heese or Jam or Wow butter or Sun butter Water	Veggies Broccoli Tomatoes mushrooms Dip Ranch Crackers Water	Smoothies yogurt and fruit Graham crackers Water

* seasonal fruit or well prices fruit will be substituted where possible in place of canned.