

2019-2020 Sacred Heart Teeswater Afternoon Snack Menu

Week One

- **Monday:**
strawberries, arrowroot crackers, water
- **Tuesday:**
peaches, rice crackers, water
- **Wednesday:**
yogurt, graham crackers, apples, water
- **Thursday:**
grapes, cheese, multigrain crackers, water
- **Friday:**
cream cheese, cucumbers, water, leftover fruit

Week Two

- **Monday:**
Rice crackers, apples, water
- **Tuesday:**
animal crackers, carrots, strawberries, water
- **Wednesday:**
yogurt, melon, water
- **Thursday:**
cheese, multigrain crackers, grapes, water
- **Friday:**
oatmeal raisin cookies, leftover fruit(melon), water

Week Three

- **Monday:**
Graham crackers with cream cheese, grapes, water
- **Tuesday:**
apples, animal crackers, water
- **Wednesday:**
cucumbers, strawberries, yogurt, water
- **Thursday:**
banana muffins, apples, water
- **Friday:**
Cheese, arrowroot crackers, leftover fruit, water

Week Four

- **Monday:**
yogurt with granola, melon, water
- **Tuesday:**
carrots, hummus, grapes, water
- **Wednesday:**
rice crackers, melon, water
- **Thursday:**
oatmeal raisin cookies, apples, water
- **Friday:**
leftover fruit, multigrain crackers, cheese