

2019-2020 Sacred Heart School Before School Program Menu

Week 1	
Blueberry muffins with yogurt	Milk or Water
Cheese slices with whole wheat crackers	Milk or Water
Multi grain Cheerios (with milk)	Milk or Water
Organic bananas with yogurt	Milk or Water
Whole assorted fruit	Milk or Water

Week 2	
Yogurt with bran buds	Milk or Water
Fruit scones	Milk or Water
Whole assorted fruit	Milk or Water
Whole grain oatmeal raisin cookies	100% pure apple juice or water
Multi grain cheerios (with milk)	Milk or Water

Week 3	
Organic gluten free crackers with cheese slices	Milk or Water
Whole assorted fruit	Milk or Water
Raisin bran muffins with yogurt	Milk or Water
Yogurt parfaits (bran buds with fruit)	Milk or Water
Mixed vegetables with cheese slices	Milk or Water

Week 4	
Whole assorted fruit	Milk or Water
Multi grain cheerios (with milk)	Milk or Water
Blueberry muffins with yogurt	Milk or Water
Organic apple slices with yogurt	Milk or Water
Organic gluten free crackers with cheese slices	Milk or Water