

SMCPS School Age Care Snack Menu 2024-25

Menu subject to change

		Monday	Tuesday	Wednesday	Thursday	Friday
Aug 12-16	A.M.					
	P.M.					
Aug 19-23	A.M.			Cheese its <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>	Graham Crackers <i>100% Juice</i>
	P.M.			Whole Grain Wheat Thins <i>1% Milk</i>	Saltine crackers w/ hummus <i>100% Juice</i>	Whole Wheat bread Banana w/ honey <i>1% Milk</i>
Aug 26-30	A.M.	Fresh Fruit <i>1% Milk</i>	Whole Wheat English Muffins w/ Jelly <i>100% Juice</i>	Original Cheerios <i>1% Milk</i>	Whole Wheat Crackers W/ hummus <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Whole Wheat Goldfish <i>100% Juice</i>	Pretzels and cheese cubes <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cubes <i>100% Juice</i>	Cheese its <i>1% Milk</i>	Tortilla w/ meat and cheese <i>100% Juice</i>
Sep 2-6	A.M.	School closed Labor Day	Whole Grain Cereal <i>1% Milk</i>	Plain Yogurt w/ Granola <i>100% Juice</i>	Whole Wheat Pancakes Or Waffles w/ low sugar syrup <i>1% Milk</i>	Apple Sauce <i>100% Juice</i>
	P.M.		Whole Wheat crackers w/ hummus <i>100% Juice</i>	Whole Wheat bread Banana w/ honey <i>1% Milk</i>	Pretzels and cheese cubes <i>100% Juice</i>	Whole Wheat Goldfish <i>1% Milk</i>
Sep 9-13	A.M.	Whole Wheat Cheerios <i>1% Milk</i>	Whole Wheat English Muffins w/ Jelly <i>100% Juice</i>	Apple Sauce <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese <i>100% Juice</i>	Whole Grain Cereal <i>1% Milk</i>
	P.M.	Fresh Fruit	Pretzels and cheese cubes	Whole Wheat bread Banana w/ honey	Graham Crackers	Chips and salsa

		<i>100% Juice</i>	<i>1% Milk</i>	<i>100% Juice</i>	<i>1% Milk</i>	<i>100% Juice</i>
Sep 16-20	A.M.	Fresh Fruit	Whole Wheat Ritz Crackers & Cheese	Plain Yogurt w/ Granola	Whole Grain Cereal	School Closed
	P.M.	<i>100% Juice</i> Whole Wheat bread Banana w/ honey	<i>1% Milk</i> Cheese its	<i>100% Juice</i> Whole Wheat crackers w/ hummus	<i>1% Milk</i> Tortilla w/ meat and cheese	
Sep 23-27	A.M.	<i>1% Milk</i> Whole Wheat English Muffins w/ Jelly	<i>100% Juice</i> Plain Yogurt w/ Berries	<i>1% Milk</i> Whole Wheat Pancakes Or Waffles w/ low sugar syrup	<i>100% Juice</i> Apple sauce	<i>1% Milk</i> Whole Wheat Ritz Crackers & Cheese
	P.M.	<i>100% Juice</i> Fresh Fruit	<i>1% Milk</i> Whole Wheat crackers W/ hummus	<i>100% Juice</i> Chips and salsa	<i>1% Milk</i> Whole Grain Cereal	<i>100% Juice</i> Plain Yogurt w/ Berries
Sep 30 - Oct 4	A.M.	<i>100% Juice</i> Fresh Fruit	<i>1% Milk</i> Whole Wheat Crackers W/ hummus	<i>100% Juice</i> Plain Yogurt w/ Granola	<i>1% Milk</i> Whole Grain Cereal	<i>100% Juice</i> Whole Wheat Ritz Crackers & Cheese
	P.M.	<i>1% Milk</i> Whole Wheat bread Banana w/ honey	<i>100% Juice</i> Cheese its	<i>1% Milk</i> Whole Grain Wheat Thins	<i>100% Juice</i> Pretzels and cheese cubes	<i>1% Milk</i> Apple Sauce
Oct 7-11	A.M.	<i>1% Milk</i> Whole Wheat English Muffins w/ Jelly	<i>100% Juice</i> Whole Wheat Pancakes Or Waffles w/ low sugar syrup	<i>1% Milk</i> Plain Yogurt w/ Honey and Berries	<i>100% Juice</i> Whole wheat mini bagel w/ cream cheese	<i>1% Milk</i> Whole Grain Cereal
	P.M.	<i>100% Juice</i> Fresh Fruit	<i>1% Milk</i> Chips and salsa	<i>100% Juice</i> Whole Wheat crackers W/ hummus	<i>1% Milk</i> Wheat Thins	<i>100% Juice</i> Tortilla w/ meat and cheese
Oct 14-18	A.M.	<i>100% Juice</i> Fresh Fruit	<i>1% Milk</i> Plain Yogurt w/ Honey and Berries	<i>100% Juice</i> Whole Wheat English Muffins w/ Jelly	<i>1% Milk</i> Whole Wheat Cereal	<i>100% Juice</i> Whole Wheat Pancakes Or Waffles w/ low sugar syrup
	P.M.	<i>1% Milk</i> Whole Wheat crackers W/ hummus	<i>100% Juice</i> Wheat Thins	<i>1% Milk</i> Pretzels and cheese cubes	<i>100% Juice</i> Tortilla w/ meat and cheese	<i>1% Milk</i> Chips and salsa
		<i>1% Milk</i>	<i>100% Juice</i>	<i>1% Milk</i>	<i>100% Juice</i>	<i>1% Milk</i>

Oct 21-25	A.M.	Fresh Fruit <i>1% Milk</i>	Whole Wheat Pancakes Or Waffles w/ low sugar syrup <i>100% Juice</i>	Graham Crackers <i>1% Milk</i>	Plain Yogurt w/ Honey and Whole Wheat Granola <i>100% Juice</i>	Whole Wheat Cereal <i>1% Milk</i>
	P.M.	Whole Wheat bread Banana w/ honey <i>100% Juice</i>	Cheese its <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese Cube <i>100% Juice</i>	Chips and salsa <i>1% Milk</i>	Pretzels w/ Hummus <i>100% Juice</i>
Oct 28 - Nov 1	A.M.	Whole Wheat Pancakes Or Waffles w/ low sugar syrup <i>100% Juice</i>	Whole wheat mini bagel w/ cream cheese <i>1% Milk</i>	Apples w/ sunflower butter <i>100% Juice</i>	Whole Wheat Cereal <i>1% Milk</i>	Plain Yogurt w/ Honey and Whole Wheat Granola <i>100% Juice</i>
	P.M.	Fresh Fruit <i>1% Milk</i>	Tortilla w/ meat and cheese <i>100% Juice</i>	Wheat thins w/ cheese cubes <i>1% Milk</i>	Veggies W/ hummus <i>100% Juice</i>	Chips and salsa <i>1% Milk</i>
Nov 4-8	A.M.	Whole wheat cereal <i>1% Milk</i>	Election Day Closed OSC	Whole Wheat Pancakes Or Waffles w/ low sugar syrup <i>1% Milk</i>	Plain Yogurt w/ Honey and Berries <i>100% Juice</i>	Graham Crackers <i>1% Milk</i>
	P.M.	Whole Wheat bread Banana w/ honey <i>100% Juice</i>		Pretzels and cheese cubes <i>100% Juice</i>	Wheat Thins <i>1% Milk</i>	Tortilla w/ meat and cheese <i>100% Juice</i>
Nov 11-15	A.M.	Veterans Day Closed	Apples w/ sunflower butter <i>1% Milk</i>	Plain Yogurt w/ Honey and Whole Wheat Granola <i>100% Juice</i>	Whole Wheat English Muffins w/ Jelly <i>1% Milk</i>	Whole Wheat Cereal <i>100% Juice</i>
	P.M.		Wheat thins w/ cheese cubes <i>100% Juice</i>	Chips and salsa <i>1% Milk</i>	Veggies W/ hummus <i>100% Juice</i>	Cheese its <i>1% Milk</i>
Nov 18-22	A.M.	Whole wheat mini bagel w/ cream cheese <i>1% Milk</i>	Fresh Fruit <i>100% Juice</i>	Whole Wheat Pancakes Or Waffles w/ low sugar syrup <i>1% Milk</i>	Whole Wheat Ritz Crackers & Cheese <i>100% Juice</i>	Plain Yogurt w/ Honey and Berries <i>1% Milk</i>
	P.M.	Pretzels and cheese cubes <i>100% Juice</i>	Whole Wheat bread Banana w/ honey <i>1% Milk</i>	Tortilla w/ meat and cheese <i>100% Juice</i>	Chips and salsa <i>1% Milk</i>	Wheat Thins <i>100% Juice</i>

Nov 25-29	A.M.	Graham Crackers <i>100% Juice</i>	Whole Wheat English Muffins w/ Jelly <i>1% Milk</i>	Closed OSC	Thanksgiving Break Closed	Thanksgiving Break Closed
	P.M.	Whole Wheat Ritz Crackers & Cheese Cube <i>1% Milk</i>	Chips and salsa <i>100% Juice</i>			