

## The Family Place Snack Menu

Week #1	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Cereal Fruit	WW English Muffins Fruit	Pancakes with Syrup Fruit	Hot Cereal Fruit	Cereal Fruit
PM	Wow Butter/Jam sandwiches on WW Bread	Nachos Salsa	Chex Mex Raisins	Gr. Wafer Crackers Cr Cheese/Fruit Jam	Rice Crackers Raw Veg Dip
Week #2	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Cereal Fruit	Breakfast Bars Fruit	Waffles with Syrup Fruit	Hot Cereal Fruit	Cereal Fruit
PM	Crackers and Cheese	Mini Pitas Cr Cheese/Fruit Jam	Rice Rolls with Apple Butter	Pretzels & Dip	Fruit Snacks & Cookies
Week #3	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Cereal Fruit	WW Toast Fruit	Pancakes with Syrup Fruit	Hot Cereal Fruit	Muffins Fruit
PM	Melba Toast Fruit Jam Cr Cheese	Nacho Chips Salsa	Cookie Raisins	Wow Butter/Jam sandwiches on WW Bread	Goldfish Crackers Raw Veg
Week #4	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Cereal Fruit	Breakfast Bars Fruit	Waffles with Syrup Fruit	Hot Cereal Fruit	WW Toast Cinnamon Fruit
PM	Veggie Straws & Dip	Crackers and Cheese	Mini Pitas with Cr Cheese/Fruit Jam	Bread Sticks Salsa	Fruit Snacks Cookies

Margarine may be served with Bread Products, Milk/Water Served AM Snack, Water Served PM Snack