



# Yellowstone Montessori

## Snack Schedule 2015-2016



2015-2016	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	*Yogurt Sundaes (*vanilla yogurt layered w/granola & *strawberries)  Optional: Carrots	*Whole wheat crackers  *String cheese  Optional: Pineapple-chunks or kiwi	*Hummus  *Apple wedges  *Sesame crackers	*Cottage cheese  *Peaches  Optional: Cinnamon toast	*Jack cheese  *Rice crackers  * Blueberries
Week 2	* Milk  *Raisin bagel wedges w/cream cheese  *Carrot sticks	*Mixed vegetables  *Corn tortillas  *Bean dip  Optional: Blueberries	*Cheese sandwiches on whole wheat bread  Optional: Kiwi	*Toaster Waffle  *Hard-boiled egg slices  *Strawberries	*String cheese  *Pineapple and broccoli florets  *Rice crackers
Week 3	*String Cheese  *Soft bread sticks w/pizza sauce  Optional: Apples	*Hummus  *Mini-rice cakes  *Seasonal fruit (plums or pears)	*Whole wheat crackers w/cream cheese  *Whole baby oranges (Cuties)	*Corn Tortilla Chips  * Bean Dip  *Bananas	* Yogurt layered w/ *Blueberries and Granola  Optional: Carrots
Week 4	* String Cheese  * Rice Crackers  * Peaches  Optional: Carrots	*Hummus  *Sesame Crackers  * Blueberries	* Hard-boiled egg Slices  *Toast  * Strawberries	* Yogurt  * Raspberries  Optional: Wheat crackers	*Corn tortilla chips  *Bean dip  *Seasonal fruit (plums or pears)
Week 5	* Yogurt  * Granola  * Blueberries	*Hard-boiled egg slices  *Rice crackers  Optional: Kiwi	*Milk  *Raisin Bagel with cream cheese  Optional: Peaches	*Flat bread Triangles w/ melted cheese  *Apple slices w/ cinnamon	*Cottage Cheese  *Pineapple  *Wheat Thins
Week 6	* Variety Cheese and crackers  *Kiwi  Optional: Roma tomatoes	* Yogurt  * Fresh fruit in season  Optional: Mini-rice cakes	* Flat Bread  *Hummus  * Orange quarters	* Whole wheat crackers  *Hard-boiled egg slices  *Blueberries	* Corn Tortilla Chips  * Bean dip  *Carrots and Apples
Week 7	*Cream cheese on celery sticks and rice crackers  *Blueberries	* Milk  *Toaster waffle  *Fruit in Season	*Yogurt  *Raspberries  *Cinnamon toast	*String cheese  *Roma tomatoes  *Wheat crackers	*Cheese toast  *Pineapple  Optional: Vegies
Week 8	*Cottage cheese  *Peaches  Optional: Wheat crackers	*Hummus  *Sesame crackers  *Kiwi	*Zucchini or Banana Bread  *Hard-boiled eggs  *Apple wedges	*Yogurt Sundaes (*vanilla yogurt layered w/granola & *strawberries)  Optional: Carrots	*String cheese  *Rice crackers  *Oranges

\* Schedule is rotated throughout the school year.

Submitted by Candice Vann RD LN February 8, 2015