



Yellowstone Montessori

Snack Schedule 2018



2018	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	*Yogurt Sundaes *(Greek vanilla yogurt layered w/granola & *strawberries) Optional: Crackers	*Whole wheat crackers *String cheese Optional: Snap peas	*Hummus *Apple wedges *Sesame crackers	*Milk *Scones *Baby Carrots or slices	*Cheddar cheese *Rice cracker w/avocado dip *Optional: Roma Tomatoes
Week 2	*Milk *Raisin bagel wedges w/butter	*Sliced turkey roll-ups w/pesto Optional: Apples	*Cheese sandwiches on whole wheat bread Optional: Blueberries	*Toaster Waffle w/apple butter or butter *Hard-boiled egg slices	*String cheese* *Gluten-free crackers Optional: Fruit in season
Week 3	*String Cheese *Soft bread sticks w/pizza sauce Optional: Broccoli w/dip	*Hummus *Mini-rice cakes *Seasonal fruit (plums or pears)	*Hard-boiled egg *Whole baby oranges (Cuties) *Snap Peas	* Mini Tostadas w/ refried beans and guacamole on corn tortillas Pineapple	*Greek Yogurt or Coconut Yogurt w/ fresh or frozen berries Rice Crackers
Week 4	* Mini Quesadillas with Monterey Jack cheese* * Peaches or apples	*Hard-boiled egg Slices *Toast Optional: Bananas	*Milk *Flat Bread with avocado *Blueberries	*Mini-wraps with sliced turkey or roast beef and lettuce *Fruit in Season	* Cheese Slices * Rice Crackers *Baby Carrots or slices
Week 5	*Greek Yogurt * Granola * Blueberries	*Raisin Bagel cream cheese *Cucumber slices	*Sliced turkey w/pesto roll-ups *Optional: Carrots	*Flat bread Triangles w/ melted cheese *Broccoli florets w/dip	*Milk *Toaster waffle w/butter *Fruit in Season
Week 6	*Milk * Fresh Veggies *Annie's Ranch Dressing	* Yogurt * Fresh fruit in season Optional: Mini-rice cakes	*Mini Tostadas w/ refried beans and guacamole on tortilla *Plums or apples	* Whole wheat crackers *Hard-boiled egg slices *Fruit in Season	* Hummus *Sesame Crackers * Celery and/or Broccoli Florets
Week 7	*Cream cheese on rice crackers *Blueberries	*Quesadilla with cheese *Cucumbers	*Milk *Cinnamon toast w/butter Option: Apple slice	*Greek Yogurt w/berries *Wheat or rice crackers	*Cheese toast *Finger Veggies Optional: Pineapple
Week 8	*Milk * Fresh Veggies *Annie's Ranch Dressing	**Yogurt Sundaes (*vanilla yogurt layered w/granola & *strawberries) Optional: Carrots	*Scones *Hard-boiled eggs Optional: Snap peas	Mini-wraps with sliced turkey or roast beef *Baby Oranges	*Flat bread Triangles w/ melted cheese *Applesauce

