

Head Start and After School Snack Menu

April 2019

Spring Break!

1

2

3

4

5

8

UBR Chocolate Round

Milk

9

Baby Carrots with Ranch

Teddy Graham Crackers

10

Heartzel Pretzels

Milk

11

Strawberry Banana Yogurt

Jungle Animal Crakers

12

Apple

String Cheese

15

Apple Cinnamon Muffin

Milk

16

Pear

String Cheese

17

Double Chocolate Oatmeal Bar

Milk

18

Scooby Doo Crackers

String Cheese

19

No School

22

Chocolate Chip Muffin

Milk

23

Juice

Jungle Crackers

24

Strawberry Craisins

Goldfish Crackers

25

Heartzel Pretzel

String Cheese

26

UBR cinnamon bar

Milk

29

Snack Mix

Milk

30

Strawberry Yogurt Chex

String Cheese

Make sure to get plenty of rest each night!

Healthy snacks are a great way to boost energy!