

Head Start and After School Snack Menu

September 2019

2

No School
Labor Day

3

Goldfish Pretzels
Yogurt

4

Fruit Bar
Craisins

5

Apple Muffin
Milk

6

Crackers
Cheese Cubes

9

Goldfish Crackers
Milk

10

Yogurt
Animal Crackers

11

Apple Muffin
Milk

12

Apple
Cheese Cubes

13

Fruit Bar
Craisins

16

Banana Muffin
Milk

17

Jungle Crackers
String Cheese

18

Benefit Bar
Milk

19

Goldfish Grahams
Yogurt

20

Apple
String Cheese

23

Animal Crackers
Milk

24

Fruit Bar
String Cheese

25

Scooby Doo Graham
Crackers
Yogurt

26

Goldfish Pretzels
String Cheese

27

Graham Crackers
Cheese Cubes

30

Scooby Doo Graham
Crackers
Milk

Make sure to get plenty of rest each night!

Healthy snacks are a great way to boost energy!