

September

SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
				Sunflower Seeds/ Fruit String Cheese/ Fruit 1
HOLIDAY 4	Goldfish Cheese Crackers/ Fruit 5	Ranch Rumbles/ Fruit 6	RF Honey Wheat Crackers/ Fruit 7	Goldfish Pretzels/ Fruit 8
Dick and Jane Crackers/ Sunbutter 11	Cinnamon Rumbles/ Fruit 12	Goldfish "Colors" Cheddar Crackers/ Fruit 13	Blazin Hot Seeds/ Fruit String Cheese/ Fruit 14	Salsa Rumbles/ Fruit 15
Goldfish "Hot & Spicy" Cheddar Crackers/Fruit 18	RF Honey Wheat Crackers/ Fruit 19	Ranch Rumbles/ Fruit 20	Goldfish Cheddar Crackers/ String Cheese 21	Skeeter Honey Grahams/ Fruit 22
Salsa Rumbles/ Fruit 25	Sunflower Seeds/ Fruit String Cheese/ Fruit 26	Goldfish Pretzels/ Fruit 27	Dick and Jane Crackers/ Sunbutter 28	Goldfish "Colors" Cheddar Crackers/ Fruit 29

Did you know?

Small bites, big nutrition. Healthy snacks can provide growing kids with important energy between meals. Choose whole grains, lean protein, and fruits or veggies for your best energy between meals.

