

# September 2017 Snack Menu



Sun

Mon

Tue

Wed

Thu

Sat

Both snacks & lunch are served with bottled water or hormone free milk provided by FKS.



						1 AM: whales & peaches PM: leftovers	2
3	<b>FKS Closed</b>  <b>Happy Labor Day</b>	4 AM: cereal & bananas  PM: corn chips & salsa	5 AM: apple slices & cheese chunks  PM: baked ziti & eggplant	6 AM: frozen greek yogurt tubes  PM: cheese chunks & pretzels	7 AM: bagels & cr cheese w/ oranges  PM: leftovers	8	9
10	AM: cottage cheese & fresh peaches  PM: popcorn & dried fruit	11 AM: waffles & berries  PM: brown rice & mixed veggies	12 AM: pancakes w/ pears  PM: baked beans & franks	13 AM: yogurt & bananas  PM: trail mix & dried fruit	14 AM: grahams w/pb & raisins  PM: leftovers	15	16
17	AM: apple oatmeal  PM: bean & cheese quesidillas w/ salsa dip	18 AM: celery, pb, raisins & sun seeds  PM:mash potatoes & gravy w/ peas	19 AM:applesauce & grahams to dip  PM: pb&j w/ grapes	20 AM: cinnamon toast w/ jam  PM:mac & cheese & peas	21 AM:baked sweet potato chunks  PM: leftovers	22	23
24	AM:home made fruit muffin bread  PM:chicken stir fry & rice	25 AM: scram eggs & sausage w/ apples  PM: cheese chunks & popcorn	26 AM:hummus & pretzels  PM: chicken noodle veg soup & crackers	27 AM:string cheese, crackers & cukes  PM: veggies & ranch dip	28 AM:buttered noodles & carrot match sticks  PM: leftovers	29	30