

Heart 'n' Hand

August 2022 AM & PM Snack Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water is served throughout the day	1 AM: cereal & milk PM: grapes & crackers	2 AM: yogurt & berries PM: pepperoni & cheese slice	3 AM: toast & jelly PM: pudding & animal crackers	4 AM: banana bread & raisins PM: applesauce & pretzels	5 AM: cereal & milk PM: jelly sandwich	6
7 AGES 1-5 Milk: ½ cup Fruit/veg: ½ cup Grains: ½ serv. Meat/alt: ½ oz.	8 AM: cereal & milk PM: baked beans & crackers	9 AM: waffles & milk PM: fruit & animal crackers	10 AM: ½ banana & graham cracker PM: jello & pretzels	11 AM: ½ English muffin, fruit PM: cheese & crackers	12 AM: cereal & milk PM: chips & salsa	13
14 SCHOOL AGE Milk: 1 cup Fruit/veg: ¾ cup Grains: 1 serv. Meat/alt: 1 oz.	15 AM: cereal & milk PM: carrot sticks, ranch	16 AM: muffins & milk PM: ham, cheese slice	17 AM: cereal & milk PM: pepperoni & cheese	18 AM: bagel & cream cheese PM: pretzels & oranges	19 AM: cereal & milk PM: watermelon	20
21	22 AM: cereal & milk PM: turkey & crackers	23 AM: nutri-grain & milk PM: applesauce & pretzels	24 AM: cereal & milk PM: goldfish & fruit	25 AM: cereal & milk PM: cheese & crackers	26 AM: manager's choice PM: yogurt & berries	27
28	29 AM: cereal & milk PM: ham, cheese slice	30 AM: grapes & graham crackers PM: buttered noodles	31 AM: cereal & milk PM: ½ banana & animal crackers	Sept. 1 AM: cottage cheese & peaches PM: jelly sandwich	Sept. 2 AM: cereal & milk PM: chips & salsa	