

Heart 'n' Hand

September 2023 AM & PM Snack Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water is served throughout the day	4 CLOSED	5 AM: cereal PM: pizza crackers	6 AM: toast & jelly PM: corn and black beans	7 AM: cereal PM: buttered noodles	8 AM: muffins PM: managers choice	9
10 AGES 1-5 Milk: ½ cup Fruit/veg: ½ cup Grains: ½ serv. Meat/alt: ½ oz.	11 AM: cereal PM: ham & cheese rollups	12 AM: yogurt & berries PM: goldfish, raisins	13 AM: cereal bar, ½ banana PM: jelly sandwich	14 AM: eggs with cheese PM: chips and salsa	15 AM: pancakes PM: managers choice	16
17 SCHOOL AGE Milk: 1 cup Fruit/veg: ¾ cup Grains: 1 serv. Meat/alt: 1 oz.	18 AM: cereal PM: cheese sticks, carrots	19 AM: zucchini bread PM: applesauce, pretzels	20 AM: banana, animal crackers PM: baked beans	21 AM: cottage cheese, peaches PM: pizza crackers	22 AM: waffles PM: Early Release	23
24	25 AM: cereal PM: jelly sandwich	26 AM: yogurt & berries PM: refried beans on tortilla	27 AM: toast & jelly PM: fruit, crackers	28 AM & PM: Apple celebration	29 AM: cereal PM: managers choice	30