

Sample Snack Menu

Whenever possible I let children participate in preparing their own meals. And I do my best to include fresh, organic fruits, vegetables and whole grains every day.

Monday

AM Oatmeal with berries

PM Edamame with sticky brown rice balls

Tuesday

AM Whole grain bagel with cream cheese and cucumber slices

PM Rice cake with peanut butter, raisins and apple slices

Wednesday

AM Zucchini bread with orange slices

PM Yogurt with berries

Thursday

AM Whole grain waffle with banana

PM Red pepper, cucumber and carrot sticks with hummus dip