



Heritage Park Children's Programs
Jameswood Site

Snack Menu

Sept 2021 - June 2022
*Week 1 Starts Sept 7th

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (8:00-8:30)	Whole Wheat Bagel (w/ Cream Cheese) Fruit Milk	Muffins Apple Sauce Milk	Cereal (Cheerios/ Shreddies/ Rice Krispies) Fruit Milk	Yogurt Graham Crackers Fruit Water	Toast (Whole Wheat Bread) W/ Wowbutter or Jam Fruit Milk
PM Snack (3:00-3:30)	Trail Mix Fruit Milk	Grilled Cheese (Whole Wheat Bread) Pickles Water	Goldfish Crackers Canned Peaches Milk	Pizza Buns Cucumbers Milk	Smoothie (Made with milk and Frozen Fruit) Arrow Root
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (8:00-8:30)	Pancakes Fruit Milk	Toast (Whole Wheat Bread) W/ Wowbutter or Jam Fruit Milk	Smoothie (Made with milk and Frozen Fruit) Arrow Root	English Muffin (Whole Wheat) W/ Wowbutter or Jam Fruit Milk	Cereal (Cheerios/ Shreddies/ Rice Krispies) Fruit Milk
PM Snack (3:00-3:30)	Cereal (Cheerios/ Shreddies/ Rice Krispies) Fruit Milk	Pretzel's Raisins Carrots Milk	Whole Wheat Pasta Fruit Milk	Whole Wheat Crackers Cheese Cubes Fruit Milk	Yogurt Arrow Root Fruit Water

Visit our website at www.HeritageParkChildrensPrograms.com