

Heritage Park Children's Programs

2023/2024 Year
SNACK MENU

JAMESWOOD SITE

Starts Sept. 5/23 Start with Week 2

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
AM SNACK 8:00-8:30	Whole Wheat Bagel w/ Cream Cheese Fruit & Milk	Muffins Apple Sauce Milk	Cereal (Cheerios, Shreddies or Rice Krispies) Fruit & Milk	Yogurt Graham Crackers Fruit & Water	Whole Wheat Toast Jam or Wow Butter Fruit & Milk
PM SNACK 3:00-3:30	Trail Mix Fruit Milk	Whole Wheat Crackers Cheese & Pickles Water	Smoothies (Made with Milk & Frozen Fruit) Arrow Root	Animal Crackers Cucumbers Milk	Cereal (Cheerios, Shreddies or Rice Krispies) Fruit & Milk

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
AM SNACK 7:30 - 8:30	Waffles Fruit Milk	Whole Wheat Toast Jam or Wow Butter Fruit & Milk	Smoothies (Made with Milk & Frozen Fruit) Arrow Root	English Muffin (Whole Wheat) Jam or Wow Butter Fruit & Milk	Cereal (Cheerios, Shreddies or Rice Krispies) Fruit & Milk
PM SNACK 3:30 - 4:30	Cereal (Cheerios, Shreddies or Rice Krispies) Fruit & Milk	Pretzel's Raisins Cucumbers & Milk	Goldfish Crackers Canned Peaches Milk	Whole Wheat Crackers Cheese Cubes Fruit & Milk	Yogurt Graham Crackers Fruit & Water