



Heritage Park Children's Programs
Jameswood Site

Snack Menu

Sept 2023 - June 2024
**Week two starts September 5th, 2023

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	Whole Wheat Crackers Cheese Pickles Water	Smoothie (Made with milk and Frozen Fruit) Arrow Root	Animal Crackers Cucumbers Milk	Cereal (Cheerios/ Shreddies/ Rice Krispies) Fruit Milk
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (8:00-8:30)	Waffles 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 Cucumber Milk	Goldfish Crackers Canned Peaches Milk	Whole Wheat Crackers Cheese Cubes Fruit Milk	Yogurt Graham Crackers Fruit Water

Visit our website at www.HeritageParkChildrensPrograms.com