



Heritage Park Children's Programs
Jameswood Site

Snack Menu

Sept 2025 - June 2026
**Week one starts September 2, 2025

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (8:00-8:30)	Bagel w/Cream Cheese Apples & Oranges Milk	Graham Crackers w/Apple Sauce Milk	Cereal Apples & Oranges Water	Yogurt Granola Apples & Oranges Water	Toast W/ Wowbutter or Jam Bananas Milk
PM Snack (3:00-3:30)	Trail Mix Carrots Milk	Crackers Cheese Veggies & Dip Water	Smoothie w/Muffins Water	Pita w/ Hummus Strawberries Milk	Cereal Apples & Oranges Water
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack (8:00-8:30)	Waffles w/ Syrup Apples & Oranges Milk	Toast W/ Wowbutter or Jam Apples & Oranges Milk	Smoothie W/ Arrow Root Water	Bagel W/ Wowbutter or Jam Strawberries Milk	Cereal Banana Water
PM Snack (3:00-3:30)	Cereal Apples & Oranges Water	Veggies Straws Cucumber Milk	Cottage Cheese W/ Peaches & Rice Cake Water	Crackers Cheese Veggies & Dip Water	Yogurt W/ Berries Water

Visit our website at www.HeritageParkChildrensPrograms.com