

Heritage Park Children's Programs Inc. – Jameswood Site

SNACK MENU

September 2025 – June 2026

**Week One starts September 2, 2025

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 6:30 – 8:30	Bagel with Cream Cheese Apples & Oranges Milk	Graham Crackers & Apple Sauce Milk	Cereal Apples & Oranges Water	Yogurt Granola Apples & Oranges Water	Toast with Wowbutter or Jam Bananas Milk
PM Snack 3:00 – 3:30	Trail Mix Carrots Milk	Crackers Cheese Veggies & Dip Milk	Muffins Apples & Oranges Milk	Pita & Hummus Strawberries Milk	Cereal Apples & Oranges Water

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 6:30 – 8:30	Waffles with Syrup Apples & Oranges Milk	Toast with Wowbutter or Jam Apples & Oranges Milk	Smoothie & Arrow Root Water	Bagel with Wowbutter or Jam Strawberries Milk	Cereal Banana Water
PM Snack 3:00 – 3:30	Cereal Apples & Oranges Water	Veggies Straws Cucumber Milk	Peaches & Mini Rice Cakes Milk	Crackers & Cheese Veggies with Dip Milk	Yogurt with Berries Water