



# Snack Time

2010

Week of: 3/8 to 3/12

	Morning	Afternoon
Monday	½ fresh apple (RR) ½ c. applesauce (GR) ½ English muffin ½ c. juice	1 oz. string cheese 2 pkg saltines ½ c. whole milk
Tuesday	¼ c. – ⅓ c. Crispix ½ c. whole milk	½ c. C&C (2 each RR) + 2oz. raisins ½ c. diced peaches (GR) ½ c. juice
Wednesday	4 oz yogurt ½ c. juice	½ c. pretzels ½ c. whole milk
Thursday	½ blueberry/cheese muffin ½ c. whole milk	½ banana ½ c. baked chips ½ c. juice
Friday	1 slice American cheese 1 slice whole wheat toast ½ c. juice	½ c. vanilla pudding 6 vanilla wafers ½ c. juice