

the neutring crosses					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM Snack: Whole Grain Cereal, Fresh Fruit, Milk PM Snack: Yummy Tomato Brushetta, Garlic Naan	AM Snack: Vegan Brioche Bread, Power Up Raspberry Spread PM Snack: Whole Grain Parmesan Triscuts, Fresh Fruit	AM Snack: Yogut, Fresh Fruit  PM Snack: Whole Grain Zucchini Loaf, Apple, Berry, Cherry 100% Fruit Puree	AM Snack: Whole Grain Peach Score, Chia Charged Papaya & Apple 100% Fruit Puree PM Snack: Steamed Vegetables, Vegetable Corn Round	AM Snack: Hard Boiled Eggs, Everything Crackers PM Snack: Whole Grain Blueberry Oat Bun, Fresh Fruit
WEEK 2	AM Snack: Whole Grain Cereal, Fresh Fruit, Milk PM Snack: Zesty Garden Southwest Salsa, Multigrain Pita Crisps	AM Snack: Waffles, Peachy Tropical 100% Fruit Puree PM Snack: Yogurt, Multigrain Trail Mix		AM Snack: Lemon Coconut Oatmeal Bar  PM Snack: Vegan Oatmeal Date Cookie, Unsweetened Applesauce	AM Snack: Yogurt, Fresh Fruit  PM Snack: Whole Grain Mini Pizza Swirl,  Steamed Carrots
WEEK 3	AM Snack: Whole Grain Cereal, Fresh Fruit, Milk  PM Snack: Tangy Twist Hummus, Whole Wheat Naan	Strong Spread  PM Spack: Whole Grain Garden Veggie	AM Snack: Yogurt, Fresh Fruit	AM Snack: Whole Grain Lemon Scone, Chia Power Dragon Fruit & Apple 100% Fruit Puree PM Snack: Whole Grain Corn Round, Steamed Carrots	AM Snack: Plant Based Garlic & Herb Cream Cheeze, Cracked Wheat Crackers PM Snack: Whole Grain Apple Cinnamon Raisin Bun, Fresh Fruit
WEEK 4	AM Snack: Whole Grain Cereal, Fresh Fruit, Milk PM Snack: Beanie Bellisimo Salsa, Multigrain Pita Crisps	AM Snack: Waffles, Chunky Tropical 100% Fruit Puree PM Snack: Yogurt, Multigrain Trail Mix	PM Spack: Multigrain Wheat Thins Fresh Fruit	Bread, Plant Based Cream Cheeze	AM Snack: Yogurt, Fresh Fruit  PM Snack: Whole Grain Mini Pizza Swirls,  Steamed Carrots









\*Indicates dark green and/or dark orange vegetable offered daily.

Water is available at all times.

Fresh fruit may vary depending on the season, please refer to daily substitution summary for fresh fruit/changes. Menu approved by a registered Dietician.