

# May SNACK Calendar 2022



## FRUIT IS ALWAYS AVAILABLE DURING SNACK TIME

Monday 5/2/22		Tuesday 5/3/22		Wednesday 5/4/2022		Thursday 5/5/2022		Friday 5/6/2022	
AM	Chex Cereal (1c) & Milk (1c)	AM	Eggo Waffles (2)	AM	Oatmeal Packet(1) & Orange Juice	AM	Mini Bagels (2) W/ Cream Cheese	AM	French Toast Sticks (3),syrup(2T0,&Fruit(.5c)
PM 1st	Tomato Bisque Soup (1c)	PM 1st	Cheese Quesadilla (1) & Cutie Alternative: Veggie Sticks & Cutie	PM 1st	Chips (1c) & Guac (2T)	PM 1st	Fettuccine Alfredo (1c) Alternative: Noodles W/ olive oil S&P	PM 1st	Smoothies (1c) Alternative: DF Smoothie
2nd	Wheat Thins (1.5c)	2nd	Graham Crackers (2)	2nd	Cheez-its (1.5c)	2nd	Motts Fruit Snacks (1)	2nd	Ritz Crackers (5)
Monday 5/9/2022		Tuesday 5/10/2022		Wednesday 5/11/2022		Thursday 5/12/2022		Friday 5/13/2022	
AM	Cheerios (1c) & Milk (1c)	AM	Mini Bagels (1) W/ Cream Cheese	AM	Banana (1/2) & Graham Crackers (2)	AM	English Muffins (1), Jam	AM	Oatmeal Packet(1) & Fresh Fruit
PM 1st	English Muffin Pizzas (1) Alternative: Fruit Strip & Cutie	PM 1st	Bean & Cheese Burrito (1 whole) Alternative:Refried Bean ONLY Burrito	PM 1st	Canned Fruit (1c) & Pretzels (1c)	PM 1st	KC Style Pho *ramen noodles,veggie broth,veggies	PM 1st	Kale Chips (1c) w/ S&P
2nd	Bag of Pretzels	2nd	Cutie (1)	2nd	Cheese Stick (1)	2nd	Goldfish (1C)	2nd	Graham Crackers (2)
Monday 5/16/2022		Tuesday 5/17/2022		Wednesday 5/18/2022		Thursday 5/19/2022		Friday 5/20/2022	
AM	Life Cereal (1c) & Milk (1c)	AM	French Toast Sticks (3),syrup(2T0,&Fruit(.5c)	AM	Oatmeal Packet(1) & Orange Juice	AM	Toast W/ Strawberry Jam	AM	Sliced Apples (.5c) & Graham Crackers (1)
PM 1st	Grilled Cheese (1) & Ritz Crackers Alternative: Ritz Crackers & 1/2 Banana	PM 1st	Meatballs (3) W/ Sauce & Parmeasan	PM 1st	Pita (1) & hummus (2T) & Juice (1c)	PM 1st	Broccoli & Cheddar Cheese Soup (1c)	PM 1st	Chicken Nuggets (5) W/ Ketchup & cucumber slices (4) Alternative: Cucumber Slices & Fruit
2nd	Granola Bar(1 serving)	2nd	Bag of Veggie Sticks (1)	2nd	Cheese Stick (1)	2nd	Apple Sauce Packets (1)	2nd	GoGurt (1)
Monday 5/23/2022		Tuesday 5/24/2022		Wednesday 5/25/2022		Thursday 5/26/2022		Friday 5/27/2022	
AM	Life Cereal (1c) & Milk (1c)	AM	Cinnamon & Sugar Toast (1) w/ 1c Milk	AM	Eggo Waffles (2)	AM	Cheerios (1c) & Milk (1c)	AM	Oatmeal Packet(1) & Orange Juice
PM 1st	Cheese Cubes (5) & Apple Slices Alternative: Apple Slices & Granola Bar	PM 1st	Pesto Pasta (1c)	PM 1st	Cucumbers & Carrots (1c) W/ Ranch (2T) & Cheeze-itz (1/4c)	PM 1st	Fried Rice (1c) *rice,peas/carrots,eggs,soy sauce	PM 1st	Chocolate Chip Pancakes (1) & 1c Milk
2nd	Wheat Thins (1.5c)	2nd	String Cheese (1)	2nd	GoGurt (1)	2nd	Apple Sauce Packet	2nd	Grapes
Monday 5/30/2022		Tuesday 5/31/2022		Wednesday 6/1/2022		Thursday 6/2/2022		Friday 6/3/2022	
<b>NO KIDS CLUB Memorial Day</b>		AM	Nutri-Gran Bar & Banana 1/2	AM	Oatmeal Packet(1) & Fresh Fruit	AM	Go-Gurt & Graham Cracker (1)	AM	Canned Fruit (1c)
		PM 1st	Fruit Parfaits (1c) *1.5c yogurt,2Tgranola,2T fruit	PM 1st	Mini Bagels (2)w/ Cream Cheese Alternative: Bagels W/Jam	PM 1st	Tator Tots (7) & Ketchup (2T)	PM 1st	Lentils & Injera Bread
		2nd	Bag of Goldfish	2nd	Nutrigrain Bars (1)	2nd	Ritz Crackers (5)	2nd	Graham Cracker (2)