

# Ms Juana Montessori Home School

## Snack Menu-September 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>		9/5/2017	9/6/2017	9/7/2017	9/8/2017
<b>AM</b>					
<b>Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.</b>		Milk	Milk	Milk	Milk
<b>PM</b>		Berries	Melon	Apples	Cold cereal
<b>Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.</b>		Milk	Milk	Milk	Milk
		Gogurt	Biscuits	Apple sauce	Bagels+cream cheese
<b>Week 2</b>	9/11/2017	9/12/2017	9/13/2017	9/14/2017	9/15/2017
<b>AM</b>					
<b>Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.</b>	Milk	Milk	Milk	Milk	Milk
<b>PM</b>	Banana	Oranges	Melon	Apples	Cold cereal
<b>Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.</b>	Milk	Milk	Milk	Milk	Milk
	Cheese sandwich	Cinnamon rolls	Cereal bars	French Toast	Raisin bread
<b>Week 3</b>	9/18/2017	9/19/2017	9/20/2017	9/21/2017	9/22/2017
<b>AM</b>					
<b>Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.</b>	Milk	Milk	Milk	Milk	Milk
<b>PM</b>	Bananas	Berries	Melon	Apples	Cold Cereal
<b>Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.</b>	Milk	Milk	Milk	Milk	Milk
	Muffins	Gogurt	Biscuits	Apple sauce	Bagels+cream cheese
<b>Week 4</b>	9/25/2017	9/26/2017	9/27/2017	9/28/2017	9/29/2017
<b>AM</b>					
<b>Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.</b>	Milk	Milk	Milk	Milk	Milk
<b>PM</b>	Bananas	Oranges	Melon	Apples	Cold Cereal
<b>Milk, Meat or Meat Alt. Fruit/Veg or Juice Bread or Bread Alt.</b>	Milk	Milk	Milk	Milk	Milk
	Cheese sandwich	Cinnamon rolls	Cereal bars	French Toast	Raisin bread