

Ms Juana Montessori Home School

Snack Menu - December 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	11/26/2018	11/27/2018	11/28/2018	11/29/2018	11/30/2018
AM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Banana	Berries	Melon	Apples	Cold cereal
PM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Muffins	Yogurt	Waffles	Apple sauce	Bagels+cream cheese
Week 2	12/3/2018	12/4/2018	12/5/2018	12/6/2018	12/7/2018
AM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Banana	Tangerines	Melon	Apples	Cold cereal
PM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Gold Fish	Cinnamon rolls	Cereal bars	French Toast	Raisin bread
Week 3	12/10/2018	12/11/2018	12/12/2018	12/13/2018	12/14/2018
AM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Bananas	Berries	Melon	Apples	Cold Cereal
PM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Muffins	Yogurt	Waffles	Apple sauce	Bagels+cream cheese
Week 4	12/17/2018	12/18/2018	12/19/2018	12/20/2018	12/21/2018
AM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Bananas	Tangarines	Melon	Apples	Cold Cereal
PM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Gold Fish	Cinnamon rolls	Cereal bars	French Toast	Club Crackers/Cheese