

Holmes Chapel community pre-school



Snack Menu

Week/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Apples, Carrot Sticks & Ritz Cracker Milk/ Water	Banana, Satsuma & Breadstick Milk/ Water	Apple, Satsuma & Buttered Cracker Milk/ Water	Pineapple, Carrot Sticks & Rice cake Milk/ Water	Pineapple, Banana & Ryvita with cheese spread Milk/ Water
Week 2	Grapes, Melon & Rice cake Milk/ Water	Pear, Cucumber & Ryvita with cheese spread Milk/ Water	Melon, Carrot sticks & Ritz cracker Milk/ Water	Grapes, Pear & Breadstick Milk/ Water	Carrot sticks, Cucumber & Buttered cracker Milk/ Water
Week 3	Satsuma, cucumber & Buttered cracker Milk/ Water	Apple, grapes & Rice cake Milk/ Water	Satsuma, grapes & Breadstick Milk/ Water	Apple, cucumber & Ryvita with cheese spread Milk/ Water	Carrot sticks, cucumber & Ritz Cracker Milk/ Water
Week 4	Pineapple, carrot sticks & Ryvita with cheese spread Milk/ Water	Pear, Cucumber & Buttered cracker Milk/ Water	Pineapple, cucumber & Rice cake Milk/ Water	Pear, Banana & Ritz cracker Milk/ Water	Banana, carrot sticks & Breadstick Milk/ Water
Week 5	Satsuma, grapes & Breadstick Milk/ Water	Apple, Satsuma & Ritz cracker Milk/ Water	Grapes, carrot sticks & Ryvita with cheese spread Milk/ Water	Apple, cucumber & Buttered cracker Milk/ Water	Satsuma, cucumber & Rice cake Milk/ Water
Week 6	Melon, carrot sticks & Ritz cracker Milk/ Water	Melon, Satsuma & Breadstick Milk/ Water	Satsuma, pear & Buttered cracker Milk/ Water	Pear, carrot sticks & Rice cake Milk/ Water	Pear, carrots sticks & Ryvita with cheese spread Milk/ Water