



**WHOLE KIDS**

A C A D E M Y

## Snack Menu

	<u><b>Monday</b></u>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u>	<u><b>Thursday</b></u>	<u><b>Friday</b></u>
<u><i>Morning</i></u>	Scrambled Eggs Raspberries Cantaloupe Milk/Water	Hard Boiled Eggs Peaches or Apples Honeydew Melon Milk/Water	Oatmeal Raisins and Walnuts Blueberries Milk/Water	Cereal Banana Strawberries Milk/Water	Granola Yogurt Blackberries Milk/Water
<u><i>Afternoon</i></u>	Pretzels Mozzarella Cheese Strawberries Milk/Water	Tomatoes Cottage Cheese Oranges Milk/Water	Carrots and Broccoli Ranch Dip Apples and Nut Butter Milk/Water	Cheddar Cheese Grapes Almonds Milk/Water	Avocado Mango or Pineapple Black Bean Chips Milk/Water

### **Breakfast Options:**

All Natural Yogurt  
Fresh Organic Seasonal Fruit  
Organic Whole Milk, 2% & Almond Milk  
Organic Whole Grain Cereal and  
Granola

### **Snack Options:**

All Natural Cheddar Cheese  
All Natural Mozzarella Cheese Sticks  
Assorted Organic, Whole Grain Crackers  
Fresh Organic Seasonal Fruit  
Organic Whole Milk, 2% & Almond Milk  
All Natural Granola Bars  
Chickpea Hummus & Fresh Seasonal Veggies