

# Sample menu

KLA Schools of Sweetwater



Monday	Tuesday	Wednesday	Thursday	Friday
			1 AM Snack: Fresh fruit & Crackers PM Snack: Nutrigrain bar	2 AM Snack: Belvita Breakfast Cookie & Fruit PM Snack: Carrots & Ranch
5 AM Snack: Yogurt & Pretzels PM Snack: Veggies & Ranch	6 AM Snack: Trail Mix & Fruit PM Snack: Nutrigrain Bar	7 AM Snack: Yogurt & Graham Crackers PM Snack: Cheese & Crackers	8 AM Snack: Nutrigrain Bar PM Snack: Carrots & Ranch	9 AM Snack: Fruit & Crackers PM Snack: Cheese & Applesauce
12 AM Snack: Nutrigrain Bar PM Snack: Goldfish & Fruit	13 AM Snack: Cheese & Crackers PM Snack: Carrots & Ranch	14 AM Snack: Fruit & Cheese <b>NO PM SNACK – FRIENDSHIP DAY PARTY FOOD PROVIDED</b>	15 AM Snack: Belvita Breakfast Cookie & Fruit PM Snack: Fruit & Yogurt	16 AM Snack: Nutrigrain Bar PM Snack: Pita Bread & Hummus
19 AM Snack: Applesauce & Dry Cereal PM Snack: Cheese & Crackers	20 AM Snack: Trail Mix & Fruit PM Snack: Veggies & Hummus	21 AM Snack: Applesauce & Crackers PM Snack: Nutrigrain Bar	22 AM Snack: Dry Cereal & Fruit PM Snack: Cheese & Veggies	23 AM Snack: Cottage Cheese & Fruit PM Snack: Nutrigrain Bar
26 AM Snack: Cottage Cheese & Crackers PM Snack: Pita Bread & Hummus	27 AM Snack: Applesauce & Crackers PM Snack: Carrots & Ranch	28 AM Snack: Belvita Breakfast Cookie & Fruit PM Snack: Nutrigrain Bar	29 AM Snack: Dry Cereal & Fruit PM Snack: Cottage Cheese & Crackers	

\*Menu Subject to Change \*\*KLA is a nut-free facility \*\*\*Water is served with each meal