

# Snack Calendar Information

AM snack:10:00 AM

PM snack:2:50 PM

- All produce and dairy are organically sourced.
- Menu is subject to change
- Fruits and Vegetables  $\frac{1}{2}$  cup
- Low - Fat yogurt 2 oz.
- Cheese Stick 1 oz.
- Whole grains  $\frac{1}{3}$  cup
- Water is served with every meal

