

**SONRISE DAY CARE**  
**MONTHLY SNACK MENU**  
**MONTH \_\_\_\_\_**

| <b>WEEK</b>   | <b>MONDAY</b>   | <b>TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>THURSDAY</b>   | <b>FRIDAY</b>   |
|---------------|---|--|--|---|---|
| <b>WEEK 1</b> | A.M. Snack:<br>Milk/Rice Krispie Treats<br>P.M. Snack: Fruit Juice/Pretzels     | A.M. Snack:<br>Milk/Granola Bars<br>P.M. Snack: Fruit Juice/Chex Mix | A.M. Snack:<br>Milk/Banana<br>P.M. Snack: Fruit Juice/Goldfish Crackers    | A.M. Snack:<br>Milk/Raisins<br>P.M. Snack: Tortilla chips & Salsa             | A.M. Snack:<br>Milk/Graham Crackers<br>P.M. Snack: Peanut Butter/Crackers |
| <b>WEEK 2</b> | A.M. Snack: Milk/Gold -fish Crackers<br>P.M. Snack: Breadsticks & Cheese        | A.M. Snack:<br>Milk/Banana<br>P.M. Snack: Fruit Juice/Pretzels       | AM. Snack: Milk/Mini Muffins<br>P.M. Snack: Cheese & Crackers              | A.M. Snack:<br>Milk/Graham Crackers<br>P.M. Snack: Apple Slices/Peanut Butter | A.M. Snack:<br>Milk/Goldfish Crackers<br>P.M. Snack: Fruit Juice/Chex Mix |
| <b>WEEK 3</b> | A.M. Snack:<br>Milk/Banana<br>P.M. Snack: Fruit Juice/Ritz Crackers             | A.M. Snack: Milk/Raisins<br>P.M. Snack: Apple Slices/Peanut Butter   | A.M. Snack:<br>Milk/Granola Bar<br>P.M. Snack: Fruit Juice/Veggies w/Dip   | A.M. Snack: Milk/Mini Muffins<br>P.M. Snack: Crackers/Cheese                  | A.M. Snack:<br>Milk/Banana<br>P.M. Snack: Fruit Juice/Goldfish Crackers   |
| <b>WEEK 4</b> | A.M. Snack: Milk Goldfish Crackers<br>P.M. Snack: Fruit Juice/Goldfish Crackers | A.M. Snack:<br>Milk/Banana<br>P.M. Snack: Apple Slices/Peanut Butter | A.M. Snack:<br>Milk/Graham Crackers<br>P.M. Snack: Fruit Juice/Granola Bar | A.M. Snack: Milk/Mini Muffin<br>P.M. Snack: Crackers/Veggies w/Dip            | A.M. Snack:<br>Milk/Banana<br>P.M. Snack: Fruit Juice/Chex Mix            |
| <b>WEEK 5</b> | A.M. Snack: Milk/Chex Mix<br>P.M. Snack: Fruit Juice/Cheese Its                 | A.M. Snack:<br>Milk/Banana<br>P.M. Snack: Peanut Butter Sandwich     | A.M. Snack; Milk/Mini Muffin<br>P.M. Snack: Fruit Juice/Pretzels           | A.M. Snack:<br>Milk/Granola Bar<br>P.M. Snack: Apple Slices/Ritz Crackers     | A.M. Snack:<br>Milk/Pretzels<br>P.M. Snack: Tortilla chips & Salsa        |

**If your child has a special dietary need please let us know**