



### Messiah Christian School Snack Menu

Messiah Christian School believes that serving healthy snacks to children is not only important to providing good nutrition, but also lays a foundation for lifelong healthy eating habits.

The following snacks will be served daily to your children and meet licensing and USDA requirements.

Water will accompany each snack.

Please direct any questions regarding our snack menu to the office.

#### Monday

AM-Cheerios and Yogurt

PM-Animal Crackers and 100% Fruit Juice

#### Tuesday

AM-Graham Crackers and 1% Vitamin A&D Fortified White Milk

PM-Applesauce and Goldfish Crackers

#### Wednesday

AM-Banana and Goldfish Pretzels

PM-String Cheese and Snack Crackers

#### Thursday

AM-Rice Chex and Applesauce

PM-Animal Crackers and Raisins

#### Friday

AM-Fruit and Cereal Bar

PM-String Cheese and Goldfish Crackers