



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 our children and meet licensing and USDA requirements. Water will accompany each snack. Please direct any questions or concerns regarding our snack menu to Mrs. Powers. Thank you.

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**-Goldfish Crackers and Raisins

Wednesday

AM-Rice Chex and Banana **PM**- Snack Crackers and String Cheese

Thursday

AM-Vege Straws and 100% Fruit Juice **PM**-Animal Crackers and Raisins

Friday

AM- Pretzels and String Cheese **PM**-Graham Crackers and 1% Vitamin A&D Fortified White Milk