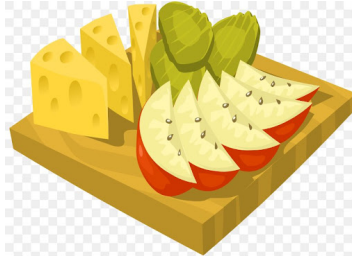


# Snack Menu



Messiah Christian School believes that serving healthy snacks to children provides them with the nutrition they need during their school day and lays a foundation for healthy eating habits. The following snacks will be served daily, along with water, to all our children and meet licensing and USDA requirements. Please direct any questions or concerns regarding our snack menu to Mrs. Sanders.

## **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**-Veggie 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

