



HeadsUp!
Montessori

SAN JOSE • PALO ALTO • PLEASANTON

Weekly Snack Sample Menu

**Snacks are subjected to change based on availability*

MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
AM SNACK: Apples and Cheerios Milk and Water	AM SNACK: Oranges and Bagel Milk and Water	AM SNACK: Bananas and Waffles Milk and Water	AM SNACK: Apples and Raisin bread Milk and Water	AM SNACK: Yogurt and Pancakes Milk and Water
PM SNACK: Applesauce and Rice cakes Water	PM SNACK: Corn and Wheat thins Water	PM SNACK: Celery w/ Peanut butter Water	PM SNACK: Mixed veggies and Triscuits Water	PM SNACK: Carrots and Goldfish Water