

Proposed Seniors Snack Menu Prepared by Karen Simon, R.D.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>AM Social teas & Kiwi</p> <p>PM Pretzels & mandarin oranges</p>	<p>AM Yogurt& banana slices</p> <p>PM Mixed berries</p>	<p>AM Cheese and crackers</p> <p>PM Graham crackers & juice</p>	<p>AM Chocolate milk & Bran muffin</p> <p>PM Melon slices</p>	<p>AM Whole grain crackers & peaches</p> <p>PM Orange slices</p>
<p>AM Cereal & milk</p> <p>PM Applesauce and ginger cookie</p>	<p>AM Blueberry muffin</p> <p>PM Fruit salad on ice cream</p>	<p>AM Yogurt & arrowroot type cracker</p> <p>PM Canned pears and raspberries</p>	<p>AM Cheese & crackers</p> <p>PM Mandarin oranges & oatmeal cookie</p>	<p>AM Banana and milk</p> <p>PM Red, orange, green peppers with dip</p>
<p>AM Yogurt and blueberries</p> <p>PM Orange slices & crackers</p>	<p>AM Grapes & cheese cubes</p> <p>PM Sliced apples with caramel sauce</p>	<p>AM Kiwi and strawberries</p> <p>PM Baked nachos with cheese</p>	<p>AM Watermelon slices</p> <p>PM Sliced peaches and oatmeal cookie</p>	<p>AM Melon slices with yogurt</p> <p>PM Vegetables & dip</p>
<p>AM Pumpkin muffin</p> <p>PM Pretzels, carrots with dip</p>	<p>AM Canned pears</p> <p>PM Sliced kiwi and oranges</p>	<p>AM Fruit salad</p> <p>PM Yogurt and crackers</p>	<p>AM Banana & toast</p> <p>PM Cereal with milk and bananas</p>	<p>AM Apple sauce and graham waffers</p> <p>PM Grapes</p>

