

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13 Extra Care Day banana and vanilla wafers	14 Extra Care Day apple sauce and graham crackers	15 Extra Care Day apple slices and Cheez-its	16
17	18 Extra Care Day apple sauce and granola bar	19 Extra Care Day grapes and veggie straws	20 banana and vanilla wafers	21 pears and Multigrain Cheerios	22 apple slices and Cheez-its	23
24/31	25 cheese stick and Ritz crackers	26 tortilla chips and salsa	27 yogurt and graham crackers	28 Club crackers and cucumber slices	29 bagel with cream cheese	30

*Nutrigrain bar flavors to include strawberry, mixed berry, apple, blueberry *Yogurt flavors to include: strawberry, mixed berry, blueberry, vanilla, cherry

**Aftercare snack to include Ritz Crackers, Cheez-Its, pretzels, granola bars, bananas, apples, grapes, raisins, cheese sticks, applesauce

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 banana and vanilla wafers	2 yogurt and graham crackers	3 carrots, ranch, and granola bar	4 Club crackers and cucumber slices	5 bagel with cream cheese	6
7	8 Cheese stick and Chex mix	9 apple sauce and granola bar	10 carrots, ranch, and goldfish	11 grapes and veggie straws	12 yogurt and Nutrigrain bar	13
14	15 Banana and vanilla wafers	16 apple sauce and granola bar	17 Club crackers and cucumber slices	18 yogurt and graham crackers	19 pears and Goldfish	20
21	22 applesauce graham crackers	23 carrots, ranch, and granola bar	24 Cheese stick and Ritz crackers	25 pears and vanilla wafers	26 yogurt and Nutrigrain bar	27
28	29 Banana and granola bar	30 applesauce and veggie straws	31 grapes and Chex mix			

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**Aftercare snack to include Ritz Crackers, Cheez-Its, pretzels, granola bars, bananas, apples, grapes, raisins, cheese sticks, applesauce

Snack Calendar: September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 grapes and veggie straws	2 yogurt and Nutrigrain bar	3
4	5 Labor Day No School	6 Apple slices and Cheeze-its	7 Bagel and cream cheese	8 apple sauce, graham crackers	9 Pears and vanilla wafers	10
11	12 Bananas and granola bars	13 carrots, ranch, and goldfish	14 bagel and cream cheese	15 Apple slices and veggie straws	16 apple sauce and Nutrigrain bar	17
18	19 carrots, ranch and Chex mix	20 Club crackers and cucumber slices	21 yogurt and graham crackers	22 pears and Multigrain Cheerios	23 cheese stick and Ritz crackers	24
25	26 apple sauce and Nutrigrain bar	27 carrots, ranch, and Chex mix	28 bagel and cream cheese	29 grapes and veggie straws	30 apple slices and granola bar	

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**Aftercare snack to include Ritz Crackers, Cheez-Its, pretzels, granola bars, bananas, apples, grapes, raisins, cheese sticks, applesauce