

September 2023 Head Start /After School Snack

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|----------------------------------|--|----------|
| | | 2 | 3 | 4 | 1 | |
| | | | | | Fresh Fruit (1/2 c) Sun Chips (1/2 oz) Juice (1/2 c) | |
| | 4 | 5 | 6 | 7 | 8 | |
| | | Sun Chips (1/2 oz) Fresh Fruit (1/2 c) Water (8 oz) | Fruit Cup Animal Crackers Water | Fresh Fruit Goldfish Juice | Fruit Cup Animal Crackers Water | |
| | 11 | 12 | 13 | 14 | 15 | |
| | Fresh Fruit Honey Graham Crackers/Cheese | Fresh Fruit PBJ Sandwich w/Milk | Sun Chips (1/2 oz) Fresh Fruit (1/2 c) Water (8 oz) | Muffin Orange Wedge Water | Fresh Fruit (1/2 c) Sun Chips (1/2 c) Juice (1/2 c) | |
| | 18 | 19 | 20 | 21 | 22 | |
| | Sun Chips (1/2 oz) Fresh Fruit (1/2 c) Water (8 oz) | Sun Chips (1/2 oz) Fresh Fruit (1/2 c) Water (8 oz) | Fruit Cup Animal Crackers Water | Fresh Fruit Goldfish Juice | Fruit Cup Animal Crackers Water | |
| | 25 | 26 | 27 | 28 | 29 | |
| | Fresh Fruit Honey Graham Crackers/Cheese | Fresh Fruit PBJ Sandwich w/Milk | Sun Chips (1/2 oz) Fresh Fruit (1/2 c) Water (8 oz) | Muffin Orange Wedge Water | Fresh Fruit (1/2 c) Sun Chips (1/2 c) Juice (1/2 c) | |
| Water must be served with each snack. | | | | | | |