

# J&R Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Crackers/Cookies	Crackers/Cookies	Crackers/Cookies	Crackers/Cookies	Crackers/Cookies
Fruit/Veg/Dairy	Fruit/Veg/Dairy	Fruit/Veg/Dairy	Fruit/Veg/Dairy	Fruit/Veg/Dairy
Drink: Water	Drink: Water	Drink: Water	Drink: Water	Drink: Water

## Crackers/Cookies:

No Nuts, No Sesame

One kind per day

## Fruit/Veg/Dairy:

Seasonal fruit, baby carrot, cherry tomato, soy bean, cheese, egg, yogurt

One kind per day

