

September Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		String Cheese 1	Pepperoni/Ritz 2	Muffins 3	Pop Tarts 4
Afternoon		Vanilla Wafers	Swiss Roll	Pringles	Original Cheez Its
Morning	Fruit Loops 7	Bananas 8	Cheese/Crackers 9	Cinnamon Rolls 10	Gogurt 11
Afternoon	Goldfish	Oatmeal Cake	Veggie Straws	Cookie	Star Crunch
Morning	Pecan Spins 14	Muffins 15	Granola Bar 16	Cinnamon Toast Crunch 17	String Cheese 18
Afternoon	Pringles	Chex Mix	Zebra Cake	Puffed Corn	White Cheddar Cheez Its
Morning	Pop Tarts 21	Apples 22	Pepperoni/Ritz 23	Gogurt 24	PB Crackers 25
Afternoon	Vanilla Wafers	Goldfish	Oatmeal Cake	Veggie Straws	Teddy Grahams
Morning	String Cheese 28	Granola Bar 29	Fruit Loops 30	Muffins Oct 1	Pecan Spins 2
Afternoon	Chex Mix	Cookie	Star Crunch	Pringles	Biscotti

*Water or juice will be served with each snack

REMINDER: A substitute snack needs to be provided by the parent if their child is allergic to or will not eat an item on the snack menu. The menu is subject to change based on availability.

Heritage Child Development Center

heritagecdc.net/334-279-0643