

November Snack Menu 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Oranges</i>	2 <i>Pears</i>	3 <i>Bananas</i>	4 <i>Bananas & cherries</i>	5
6	7 Apples	8 Muffins	9 <i>Pineapple</i>	10 <i>Pears</i>	11 Cauliflower w/dip	12
13	14 Oranges	15 <i>Apples</i>	16 Pears	17 <i>Bananas</i>	18 Apples/Bananas	19
20	21 <i>Cheerios/Cereal</i>	22 <i>Muffins/ fruit</i>	23 <i>Apples</i>	24 <i>Arrow Root</i>	25 <i>Pear/Banana</i>	26
27	28 Cauliflower w/dip	29 <i>Granola Bars</i>	30 Apples			

December Snack Menu 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Oranges—a.m. Muffins—p.m.	2 Bananas—a.m. Apples—p.m.	3
4	5 Apples—a.m. Crackers—p.m.	6 Peaches—a.m. Apples—p.m.	7 Pineapple— a.m. Nutrition bars—p.m.	8 Pears—a.m. Apples—p.m.	9 Bananas—a.m. Cauliflower w/Dip—p.m.	10
11	12 Oranges—a.m. Muffins—p.m.	13 Apples— a.m. Rice crackers—p.m.	14 Pears— a.m. Apples—p.m.	15 Bananas—a.m. Nutrition bars—p.m.	16 Apples/Bananas— a.m. Celery w/Dip—p.m.	17
18	19 Cheerios/Cereal— a.m. Muffins— p.m.	20 Muffins/Fruit—a.m. Peaches—p.m.	21 Apples—a.m. Cereal—p.m.	22 Bananas—a.m. Arrow Root—p.m.	23 Pear/Banana—a.m. Christmas Cookies w/ fruit—p.m.	24
25	26 Pears—a.m. Cauliflower w/dip—p.m.	27 Nutrition Bars— a.m. Cauliflower w/dip —p.m.	28 Apples—a.m. Muffins— p.m.	29 Muffins & fruit—a.m. Apples— p.m.	30 Bananas—a.m. Cereal—p.m.	31