## September 2019 - Snack Menu



A mid-morning snack and a PM extended care snack (for those enrolled) is provided.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SCHOOL CLOSED	3 Mid-morning Snack assorted cheese & pretzels	4 Mid-morning Snack yogurt & Cheerios	5 Mid-morning Snack honeydew & animal crackers	6 <b>Mid-morning Snack</b> hummus & pita (club crackers)
LABOR DAY	Afternoon Snack fig bars & banana	Afternoon Snack fruit salad & Ritz crackers	Afternoon Snack bananas & graham crackers	Afternoon Snack cantaloupe & animal crackers
9 Mid-morning Snack edamame & pretzels	10 Mid-morning Snack hummus & pita	11 Mid-morning Snack assorted cheese & pretzels	12 Mid-morning Snack pineapple & wheat thins	13 Mid-morning Snack club crackers & watermelon
Afternoon Snack raisin bread & clementines	Afternoon Snack pineapple & wheat thins	Afternoon Snack watermelon & pretzels	Afternoon Snack bananas & graham crackers	Afternoon Snack seasoned fruit & animal crackers
16 Mid-morning Snack Arroz con leche	17 Mid-morning Snack edamame & wheat thins	18 <b>Mid-morning Snack</b> pineapple & club crackers	19 Mid-morning Snack clementines & graham crackers	20 Mid-morning Snack watermelon & pretzels
Afternoon Snack avocado dip & blue corn tortilla chips	Afternoon Snack raisin bread & honeydew	Afternoon Snack edamame & pretzels	Afternoon Snack apple sauce & vanilla wafers	Afternoon Snack carrots & wheat thins
23 Mid-morning Snack cheese & pretzels	24 Mid-morning Snack vegetables, dip & oyster crackers	25 Mid-morning Snack carrots & club crackers	26 Mid-morning Snack watermelon & pretzels	27 Mid-morning Snack bread & bananas
Afternoon Snack watermelon & Ritz crackers	Afternoon Snack cream cheese, graham crackers & clementines	Afternoon Snack bananas & animal crackers	Afternoon Snack hummus & pita	Afternoon Snack seasonal fruit & crackers
30 Mid-morning Snack Coming Soon				
Afternoon Snack Coming Soon				

## Fun Fact About Arroz con Leche

There are some sayings that the origin of Arroz con leche (rice milk pudding) comes from the Muslim world and was imported into Spain when the Muslims conquered the South of the Iberian Peninsula. It became most popular in Central and South America. Now it's eaten all over the world.

At Pines, we incorporate international snacks into our menu so that we can learn about the origins of food and cultures from around the world.



\*Our snack on <u>September 16<sup>th</sup></u> is in honor of Mexican Independence Day.