











RHOADES SNACK MENU ~ AUGUST 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					1 AM Strawberries (1/3 slice) Ritz crackers (1/3 cup) PM Sugar Free Popsicles	
	4 AM Life Cereal (1/3 C.) Berries (1/3 C.) PM Wheat Thins (1/2 cup) & String Cheese (1/2 cup)	5 AM Cheerios (1/2 cup) Sliced Apples (1/2 cup) PM Cutie Orange (1) & Rice Cake (1)	6 AM Strawberries (1/2 cup) & Graham Crackers (1) PM COOKING CLASS WITH MS. MARIAM	7 AM Blueberries (1/2 cup) & Nutri grain Bar (1) PM No Sugar Applesauce (1 cup) & Cantaloupe (1/2 cup)	8 AM Banana (1/2) & Drinkable Yogurt (1/3 C.) PM Sugar Free Popsicles	
	11 AM Nutri grain Bar (1) & strawberry Yogurt (1/3 cup) PM Life Cereal (1/2 cup) & Cantaloupe (1/3 cup)	12 AM Blueberries & Graham Crackers (1/2) PM Cinnamon Rice Crackers (1/4 C.) & Sliced Apples (1/3 C.)	13 AM Cantaloupe (1/3 C.) Kix Cereal (1/3 C.) PM COOKING CLASS WITH MS. MARIAM	14 AM Cheerios (1/2 cup) & No Sugar Applesauce (1/3 C.) PM Watermelon slice & String cheese (1)	15 AM Life Cereal (1/3 C.) Banana (1/2) PM Sugar Free Popsicles	
	18 AM Cheerios (1/4 C.) Strawberries (1/4 C.) PM Cucumber & carrots with Ranch Dressing (1/4 cup)	19 AM Mini bagel (1) & Blueberries (1/3 C.) PM Apple slices (1/3 cup) & Veggie Stix (1/3 cup)	20 AM Drinkable Yogurt (1/4 c.) & Kix Cereal (1/3 c.) PM COOKING CLASS WITH MS. MARIAM	21 AM Life Cereal (1/3 C.) Banana (1/2) PM Pretzels (1/3 C.) & Cutie (1)	22 AM Fruit Smoothie (1 cup) Lunch Pizza, fruit, veggies & juice box PM Left over fruit & veggies from lunch	
	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	

All snacks are served with filtered water We try very hard to keep to the menu but sometimes that fruit is not available.