











# RHOADES

## SNACK MENU ~ SEPTEMBER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 <b>NO SCHOOL HOLIDAY</b>	2 AM Yogurt fruit salad (1 cup)  PM Cantaloupe (1 slice) Veggie sticks (1/3 cup)	3 AM Banana (1/2) & Breakfast Bar (1) PM COOKING W/ MISS MARIAM FRUIT SALAD FUN	4 AM MINI BAGELS (1) & APPLE SLICES  PM CUTIE (1) & PRETZELS (1/3 CUP)	5 AM  Strawberries (1/3 C.) Graham crackers (1)  PM CUCUMBER & CARROTS W/ RANCH DRESSING	
	8 AM Life Cereal (1/3 C.) Berries (1/3 C.)  PM Wheat Thins (½ cup) & String Cheese (½ cup)	9 AM Cheerios (½ cup) Sliced Apples (½ cup)  PM Cutie Orange (1) & Rice Cake (1)	10 AM Strawberries (½ cup) & Graham Crackers (1)  PM COOKING CLASS WITH MISS MARIAM MINI PIZZAS	11 AM Blueberries (½ cup) & Nutri grain Bar (1)  PM No Sugar Applesauce (1 cup) & Cantaloupe (½ cup)	12 AM Banana (1/2) & Yogurt (1/3 C.)  PM CHEESE QUESADILLA (1/2)	
	15 AM Nutri grain Bar (1) & strawberry Yogurt (1/3 cup)  PM CHEESE STICK (1) & Cantaloupe (1/3 cup)	16 AM Blueberries & Graham Crackers (½)  PM Cinnamon Rice Crackers (1/4 C.) & Sliced Apples (1/3 C.)	17 AM Cantaloupe (1/3 C.) Kix Cereal (1/3 C.)  PM COOKING CLASS WITH MISS MARIAM RAINBOW WRAPS	18 AM Cheerios (½ cup) & No Sugar Applesauce (1/3 C.)  PM Watermelon slice & String cheese (1)	19 AM Life Cereal (1/3 C.) Banana (1/2)  PM CUCUMBER & CARROT W/ RANCH DRESSING	
	22 AM Cheerios (1/4 C.) Strawberries (1/4 C.)  PM EARLY DISMISSAL	23 AM Mini bagel (1) & Blueberries (1/3 C.)  PM Apple slices (1/3 cup) & Veggie Stixs (1/3 cup)	24 AM Drinkable Yogurt (1/4 c.) & Kix Cereal (1/3 c.)  PM COOKING CLASS WITH MISS MARIAM YOGURT PARFAITS	25 AM Life Cereal (1/3 C.) Banana (1/2)  PM Pretzels (1/3 C.) & Cutie (1)	26 AM Fruit Smoothie (1 cup)  PM Animal Crackers (1/3C) & Wheat Thins (1/3 C)	
	29 AM APPLE SLICES (1/4 CUP) & Breakfast Bar (1) PM Cheddar cheese cubes (1/3 cup) & Strawberries (1/3 C.)	30 AM Blueberries (1/3 CUP) & RAISIN BREAD (1/2 SLICE) PM Ritz Crackers (1/3C.) & Carrots (1/3C.)				

**\*All snacks are served with filtered water\***