



STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

Snack Menu for Fall

Monday	Tuesday	Wednesday	Thursday	Friday
● Fruit & Cheese Tray	● Banana Bar	● Gold Fish / Juice	● Celery Sticks w/ Ranch ●	● Baked Cookies
● Assorted Muffins	● Sandwiches & Fruit	● Bagels & Cream Cheese ●	● Orange Slices	● Hot Scones
● Apple Slices / Fruit Dip ●	● Carrot Sticks w/ Ranch ●	● Animal Crackers	● Baked Pretzels	● Breakfast Breads
● Baked Pita Chips w/ Hummus ●	● Fruit Smoothie	● Lemon Oh's!	● Assorted Cereal w/ Milk	● Hot Scones