

**M. Albert
Catering Limited**

TRANSFAT FREE A.M. / P.M. SNACK MENU

WEEK 1

A.M.	Bran Flakes Milk	Arrowroot Cookies Milk	Granola Bar Fresh Fruits	Chocolate Chip Cookies Milk	Soft Cheese Whole Wheat Crackers
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P.M.	Wow Butter Cinnamon Raisin Bagel	Yogurt Fresh Fruits	Cheestrings Gold Fish	Apple Berry Sauce Veggie& Amaranth Crispbread	Morning Glory Loaf Fresh Fruits
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WEEK 2

A.M.	Multigrain Cereal Milk	Arrowroot Cookies Milk	Granola Bar Fresh Fruits	Bran Flakes Milk	Hard Boiled Eggs Wheat Thin Crackers
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P.M.	Soft Cheese Poppy Seed Bagel	Banana Berry Loaf Fresh Fruits	Yogurt Ritz Crackers	Oatmeal Raisin Cookies Fresh Fruits	Wow Butter Raisin Bread
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WEEK 3

A.M.	Rice Krispies Milk	Soft Cheese Ritz Crackers	Wow Butter Whole Wheat Bagel	Granola Bar Fresh Fruits	Multigrain Cereal Milk
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P.M.	Apple Sauce Rice Cake	Granola Bar Fresh Fruit	Gold Fish Raisins Milk	Yogurt Apple Pie Snacking Round	Zucchini Carrot Muffin Fresh Fruits
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WEEK 4

A.M.	WW English Muffin Wow Butter	Yogurt Fresh Fruits	Granola Bar Fresh Fruits	Multigrain Cereal Milk	Triscuit Crackers Soft Cheese
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P.M.	Dates Banana Loaf Fresh Fruits	Homemade Trail mix Milk	Wow Butter Mini Croissant	Nachos Cheese Salsa	Arrowroot Cookies Veggie Sticks
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