



## NEW LEAF PREP ACADEMY Snack Menu

### Week 1

<i>Day</i>	<i>Monday #1</i>	<i>Tuesday #2</i>	<i>Wednesday #3</i>	<i>Thursday #4</i>	<i>Friday #5</i>
<b>Morning Snack</b>	Sweet and salty trail mix served with fresh fruit	Whole wheat bagel with cream cheese and fresh fruit	Banana roll up with organic peanut butter on a whole wheat tortilla	Whole wheat tortilla pinwheel with fresh vegetables and homemade vegetable cream cheese	Pretzels served with fresh cut vegetables and homemade ranch dipping sauce
<b>After School Snack</b>	Organic string cheese and fresh chopped vegetables and whole wheat crackers	Homemade guacamole and salsa with tortilla chips	Organic graham crackers with whipped cream cheese and fresh fruit	Organic 3-seed sweet potato crackers, fresh vegetables and hummus	Whole wheat crackers with organic peanut butter and fresh vegetables

### Week 2

<i>Day</i>	<i>Monday #6</i>	<i>Tuesday #7</i>	<i>Wednesday #8</i>	<i>Thursday #9</i>	<i>Friday #10</i>
<b>Morning Snack</b>	Organic graham crackers topped with whipped cream cheese and served with fresh fruit	Organic 3-seed sweet potato crackers, fresh vegetables and hummus	Organic rice cake fruit pizzas with whipped cream cheese and fresh berries	Sweet and salty trail mix served with fresh or dried fruit	Organic greek yogurt parfaits topped with granola and seasonal berries
<b>After School Snack</b>	Whole wheat crackers and string cheese served with fresh cut vegetables	Sweet and salty trail mix served with fresh fruit	Multigrain crackers served with fresh cut vegetables and homemade ranch dipping sauce	Fresh baked oatmeal chocolate chip cookies served with fresh fruit	Organic cottage cheese served with fresh fruit and organic graham crackers

Morning Snacks are prepared within the studio by each student and served with water.

Snack is available from 9:00am-10:00am. Students are encouraged, but not required to eat snack.

Please see our daily schedule for lunch times based on studio. Organic 2% milk and water are provided with parent-provided cold lunch.

After School Snack is served at 3:30pm to students who are enrolled in After School Care. Snack is served with water.

Students are encouraged, but not required to eat snack.



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Week 3

Day	Monday #11	Tuesday #12	Wednesday #13	Thursday #14	Friday #15
Morning Snack	Banana roll up with organic peanut butter on a whole wheat tortilla	Pretzels served with cucumbers and hummus	Sweet and salty trail mix served with organic string cheese	Organic tortilla chips with salsa and pickles	Whole wheat bagel with cream cheese and fresh fruit
After School Snack	Sweet and salty trail mix served with fresh fruit	Peanut butter quesadillas on whole wheat tortillas served with fresh cut fruit	Organic 3-seed sweet potato crackers, fresh vegetables and hummus	Pretzels served with fresh cut vegetables and homemade ranch dip	Whole wheat crackers served with string and seasonal fruit

Week 4

Day	Monday #16	Tuesday #17	Wednesday #18	Thursday #19	Friday #20
Morning Snack	Whole wheat tortilla pinwheel with fresh vegetables and homemade vegetable cream cheese	Mini fruit kebabs with homemade blueberry greek yogurt dip	Fresh vegetables, whole wheat crackers and homemade ranch dipping sauce	Organic 3-seed sweet potato crackers, fresh vegetables and hummus	Organic greek yogurt parfaits topped with granola and seasonal berries
After School Snack	Whole wheat crackers with peanut butter served with fresh cut vegetables	Banana roll up with organic peanut butter on a whole wheat tortilla	Organic graham crackers served with whipped cream cheese and seasonal fresh fruit	Whole wheat bagels with whipped cream cheese and fresh fruit	Organic rice cake fruit pizzas with whipped cream cheese and fresh berries

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Please see our daily schedule for lunch times based on studio. Organic 2% milk and water are provided with parent-provided cold lunch.

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