

REGULAR WEEK AT A GLANCE
Snack Menu Spring/Summer 2021
Mount Nemo

Week 1:

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
AM SNACK													
*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml
*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml
*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml
*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml
*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml
PM SNACK													
*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml
*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml
*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml
*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml
*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml
Mandarin Orange Sections	125 ml	Unsweetened Tropical Applesauce	113 g	Apple Turnover Cookie	1 each	Strawberry Pudding	125 ml	Raspberry Turnover	1 each	Unsweetened Peach Applesauce	113 g	Strawberry Turnover	1 each
EVENING SNACK													
*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml
*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml
*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml
*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml
*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml
Fruit Yogurt Ind	1 each	Cream Cheese Sandwich on Whole Wheat	0.5 each	Fresh Strawberries	125 ml	Bran Muffin	1 each	Grapes	125 ml	Assorted Sandwich	1 sandwich	Banana	1 each

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Week2:

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
AM SNACK													
*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml
*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml
*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml
*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml
*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml
PM SNACK													
*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml
*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml
*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml
*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml
*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml
Lemon Pudding	125 ml	Apple Turnover Cookie	1 each	Cheese & Crackers MN	1 each	Unsweetened Strawberry Applesauce	95 ml	Oatmeal Cookie Ind.	2 each	Blueberry Turnover Cookie	1 each	Bran Crunch Cookie	3 each
EVENING SNACK													
*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml
*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml
*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml
*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml
*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml
Fresh Strawberries	125 ml	Grapes	125 ml	Assorted Sandwich	1 sandwich	Oatmeal Apple Muffin	60 g	Greek Yogurt Ind.	1 each	Peanut Butter & Jam Sandwich on Whole Wheat	0.5 each	Banana	1 each

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Week3:

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
AM SNACK													
*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml
*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml
*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml
*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml
*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml
PM SNACK													
*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml
*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml
*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml
*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml
*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml
Strawberry Turnover	1.0 each	Blueberry Turnover Cookie	1 each	Unsweetened Blueberry Applesauce	113 g	Vanilla Pudding	125 ml	Raspberry Turnover	1 each	Oatmeal Cookie Ind.	2 each	Bran Crunch Cookie	3 each
EVENING SNACK													
*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml	*Assorted Juice	125 ml
*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml	*Coffee/Tea	180 ml
*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml	*Chocolate Milk	125 ml
*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml	*2% Milk	125 ml
*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml	*Water	250 ml
Fruit Extreme Muffin	1 each	Fruit Yogurt Ind	1 each	Cream Cheese Sandwich on Whole Wheat	0.5 each	Grapes	125 ml	Banana	1 each	Assorted Sandwich	1 sandwich	Pears	125 ml