

Mount Nemo Fall/Winter Snack 2023/2024 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACK AM						
Orange Juice	Coffee or Tea	Coffee or Tea	Pineapple Juice	Coffee or Tea	Coffee or Tea	Coffee or Tea
2% Milk	2% Milk	2% Milk	Coffee or Tea	2% Milk	2% Milk	2% Milk
Chocolate Milk	Chocolate Milk	Chocolate Milk	2% Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk
Water	Water	Water	Chocolate Milk	Water	Water	Water
			Water			
Coffee or Tea	Apple Juice	Cranberry Juice		Orange Juice	Apple Juice	Cranberry Juice
Orange Juice	Coffee or Tea	Coffee or Tea	Pineapple Juice	Coffee or Tea	Coffee or Tea	Coffee or Tea
2% Milk	2% Milk	2% Milk	Coffee or Tea	2% Milk	2% Milk	2% Milk
Chocolate Milk	Chocolate Milk	Chocolate Milk	2% Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk
Water	Water	Water	Chocolate Milk	Water	Water	Water
			Water			
SNACK PM						
Orange Juice	Coffee or Tea	Cranberry Juice	Coffee or Tea	Coffee or Tea	Coffee or Tea	Cranberry Juice
2% Milk	2% Milk	Coffee or Tea	2% Milk	2% Milk	2% Milk	Coffee or Tea
Chocolate Milk	Chocolate Milk	2% Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	2% Milk
Water	Water	Chocolate Milk	Water	Water	Water	Chocolate Milk
Cheese & Crackers	Assorted Applesauce Cup	Water	Carrot Loaf	Chocolate Chip Muffin	Strawberry Turnover	Water
		Cream Cheese Sndw on WW			Gouda Cheese	Sliced Turkey on WW
Coffee or Tea	Apple Juice		Pineapple Juice		Apple Juice	
Orange Juice	Coffee or Tea	Cranberry Juice	Coffee or Tea	Orange Juice	Coffee or Tea	Cranberry Juice
2% Milk	2% Milk	Coffee or Tea	2% Milk	Coffee or Tea	2% Milk	Coffee or Tea
Chocolate Milk	Chocolate Milk	2% Milk	Chocolate Milk	2% Milk	Chocolate Milk	2% Milk
Water	Water	Chocolate Milk	Water	Chocolate Milk	Water	Chocolate Milk
Creamy Yogurt	Sliced Ham Sndw on WW	Water	Blueberry Greek Yogurt	Water	Chilled Diced Pears	Water
		Raspberry Turnover Cookie			Chilled Diced Peaches	Applesauce Cup
SNACK HS						
Coffee or Tea	Apple Juice	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
2% Milk	Coffee or Tea	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Chocolate Milk	2% Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk
Water	Chocolate Milk	Water	Water	Water	Water	Water
Banana	Water	Fruit Cocktail Cup	Peanut Butter & Jam Sandwich	Cheese Sandwich on WW	Pudding Butterscotch Cup	Raspberry Turnover Cookie
		Fresh Grapes				
Coffee or Tea		Cranberry Juice		Orange Juice	Apple Juice	Cranberry Juice
Orange Juice	Apple Juice	Coffee or Tea	Pineapple Juice	Coffee or Tea	Coffee or Tea	Coffee or Tea
2% Milk	Coffee or Tea	2% Milk	Coffee or Tea	2% Milk	2% Milk	2% Milk
Chocolate Milk	2% Milk	Chocolate Milk	2% Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk
Water	Chocolate Milk	Water	Chocolate Milk	Water	Water	Water
Peanut Butter on WW	Water	Blueberry Muffin	Water	Apple Turnover Cookie	Jam Sandwich	Vanilla Greek Yogurt
		Blueberry Turnover Cookie				

Mount Nemo Fall/Winter Snack 2023/2024 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACK AM						
Orange Juice	Coffee or Tea	Coffee or Tea	Pineapple Juice	Coffee or Tea	Coffee or Tea	Coffee or Tea
Coffee or Tea	2% Milk	2% Milk	Coffee or Tea	2% Milk	2% Milk	2% Milk
2% Milk	Chocolate Milk	Chocolate Milk	2% Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk
Chocolate Milk	Water	Water	Chocolate Milk	Water	Water	Water
Water	Apple Juice	Cranberry Juice	Water	Orange Juice	Apple Juice	Cranberry Juice
Orange Juice	Coffee or Tea	Coffee or Tea	Pineapple Juice	Coffee or Tea	Coffee or Tea	Coffee or Tea
Coffee or Tea	2% Milk	2% Milk	Coffee or Tea	2% Milk	2% Milk	2% Milk
2% Milk	Chocolate Milk	Chocolate Milk	2% Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk
Chocolate Milk	Water	Water	Chocolate Milk	Water	Water	Water
Water			Water			
SNACK PM						
Coffee or Tea	Coffee or Tea	Cranberry Juice	Coffee or Tea	Coffee or Tea	Coffee or Tea	Cranberry Juice
2% Milk	2% Milk	Coffee or Tea	2% Milk	2% Milk	2% Milk	Coffee or Tea
Chocolate Milk	Chocolate Milk	2% Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	2% Milk
Water	Water	Chocolate Milk	Water	Water	Water	Chocolate Milk
Cheese & Crackers	Strawberry Applesauce	Water	Carrot Loaf	Cranberry Muffin	Oatmeal Raisin Cookie	Water
Orange Juice	Apple Juice	Cottage Cheese Bagel	Pineapple Juice	Gouda Cheese	Apple Juice	Blueberry Turnover Cookie
Coffee or Tea	Coffee or Tea	Cranberry Juice	Coffee or Tea	Orange Juice	Coffee or Tea	Cranberry Juice
2% Milk	2% Milk	Coffee or Tea	2% Milk	Coffee or Tea	2% Milk	Coffee or Tea
Chocolate Milk	Chocolate Milk	2% Milk	Chocolate Milk	2% Milk	Chocolate Milk	2% Milk
Water	Water	Chocolate Milk	Water	Chocolate Milk	Water	Chocolate Milk
Banana Greek Yogurt	Peanut Butter & Jam Sandwich	Water	Tropical Fruit Salad	Water	Chilled Diced Pears	Water
		Strawberry Turnover		Assorted Applesauce Cup		Sliced Turkey on WW
SNACK HS						
Coffee or Tea	Apple Juice	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
2% Milk	Coffee or Tea	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Chocolate Milk	2% Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk
Water	Chocolate Milk	Water	Water	Water	Water	Water
Cream Cheese Sndw on WW	Water	Banana	Jam Sandwich	Sliced Ham Sndw on WW	Banana Pudding	Vanilla Greek Yogurt
Orange Juice	Mandarin Oranges	Cranberry Juice	Pineapple Juice	Orange Juice	Apple Juice	Cranberry Juice
Coffee or Tea	Apple Juice	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
2% Milk	Coffee or Tea	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Chocolate Milk	2% Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk
Water	Chocolate Milk	Water	Water	Water	Water	Water
Fresh Grapes	Water	Blueberry Greek Yogurt	Vanilla Pudding Cup	Raspberry Turnover Cookie	Peanut Butter on WW	Chilled Diced Pears
	Blueberry Turnover Cookie					

Mount Nemo Fall/Winter Snack 2023/2024 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACK AM						
Orange Juice	Coffee or Tea	Coffee or Tea	Coffee or Tea	Orange Juice	Coffee or Tea	Coffee or Tea
Coffee or Tea	2% Milk	2% Milk	Pineapple Juice	Coffee or Tea	2% Milk	2% Milk
2% Milk	Chocolate Milk	Chocolate Milk	2% Milk	2% Milk	Chocolate Milk	Chocolate Milk
Chocolate Milk	Water	Cranberry Juice	Chocolate Milk	Chocolate Milk	Water	Cranberry Juice
Water	Apple Juice	Water	Water	Water	Apple Juice	Water
Orange Juice	Coffee or Tea	Coffee or Tea	Coffee or Tea	Orange Juice	Coffee or Tea	Coffee or Tea
Coffee or Tea	2% Milk	2% Milk	Pineapple Juice	Coffee or Tea	2% Milk	2% Milk
2% Milk	Chocolate Milk	Chocolate Milk	2% Milk	2% Milk	Chocolate Milk	Chocolate Milk
Chocolate Milk	Water	Cranberry Juice	Chocolate Milk	Chocolate Milk	Water	Cranberry Juice
Water		Water	Water	Water		Water
SNACK PM						
Coffee or Tea	Apple Juice	Cranberry Juice	Coffee or Tea	Coffee or Tea	Coffee or Tea	Cranberry Juice
2% Milk	Coffee or Tea	Coffee or Tea	Pineapple Juice	Orange Juice	Apple Juice	Coffee or Tea
Chocolate Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Water	Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk	Chocolate Milk
Banana Muffin	Water	Water	Water	Water	Water	Water
Orange Juice	Cottage Cheese Bagel	Cheese & Crackers	Peanut Butter & Jam Sandwich	Chocolate Chip Muffin	Strawberry Turnover	Sliced Ham Sndw on WW
Coffee or Tea	Coffee or Tea	Cranberry Juice		Gouda Cheese	Coffee or Tea	Cranberry Juice
2% Milk	2% Milk	Coffee or Tea	Coffee or Tea	Coffee or Tea	Apple Juice	Coffee or Tea
Chocolate Milk	Chocolate Milk	2% Milk	Pineapple Juice	Orange Juice	2% Milk	2% Milk
Water	Water	Chocolate Milk	2% Milk	2% Milk	Chocolate Milk	Chocolate Milk
Creamy Yogurt	Tropical Fruit Salad	Water	Chocolate Milk	Chocolate Milk	Water	Water
		Raspberry Turnover Cookie	Water	Water	Chilled Diced Peaches	Mandarin Oranges
			Blueberry Greek Yogurt	Chilled Diced Peaches		
SNACK HS						
Coffee or Tea	Apple Juice	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
2% Milk	Coffee or Tea	2% Milk	Pineapple Juice	Orange Juice	Apple Juice	2% Milk
Chocolate Milk	2% Milk	Chocolate Milk	2% Milk	2% Milk	2% Milk	Chocolate Milk
Water	Chocolate Milk	Cranberry Juice	Chocolate Milk	Chocolate Milk	Chocolate Milk	Cranberry Juice
Peanut Butter on WW	Water	Water	Water	Water	Water	Water
Orange Juice	Fresh Grapes	Fruit Cocktail Cup	Vanilla Pudding Cup	Cream Cheese Sndw on WW	Chocolate Pudding Cup	Banana Chocolate Chip Loaf
Coffee or Tea	Apple Juice	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
2% Milk	Coffee or Tea	2% Milk	Pineapple Juice	Orange Juice	Apple Juice	2% Milk
Chocolate Milk	2% Milk	Chocolate Milk	2% Milk	2% Milk	2% Milk	Chocolate Milk
Water	Chocolate Milk	Cranberry Juice	Chocolate Milk	Chocolate Milk	Chocolate Milk	Cranberry Juice
Banana	Water	Water	Water	Water	Water	Water
	Sliced Turkey on WW	Cheese Sandwich on WW	Red Seedless Grapes	Apple Turnover Cookie	Jam Sandwich	Applesauce Cup