

# FOOTSTEPS@PUMA CUBS

## SEPTEMBER 2022 SNACK MENU



Children are served milk or water and fruit with each snack daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
AM: Cereal PM: Pita bread & hummus	AM: Graham crackers PM: Yogurt tubes	AM: Animal crackers PM: Goldfish	AM: Rice cakes PM: Crackers & cheese	AM: Hawaiian rolls PM: Leftover snack mix
5	6	7	8	9
<b>Footsteps Child Care Closed in Honor of Labor Day</b>	AM: Cereal PM: Pita bread & hummus	AM: Hawaiian rolls PM: Rice crackers	AM: Graham crackers PM: Yogurt tubes	AM: Animal crackers PM: Leftover snack mix
12	13	14	15	16
AM: Cereal PM: Yogurt	AM: Graham crackers PM: Crackers & cheese	AM: Bagels & cream cheese PM: Veggie straws	AM: Animal crackers PM: Tortilla chips & salsa	AM: Fig bars PM: Leftover snack mix
19	20	21	22	23
AM: Cereal PM: Chex mix	AM: Graham crackers PM: Yogurt tubes	AM: Fig bars PM: Wheat thins	AM: Rice cakes PM: Tortilla chips & guacamole	AM: Hawaiian rolls PM: Leftover snack mix
26	27	28	29	30
AM: Cereal PM: Rice crackers	AM: Fig bars PM: Animal crackers PM: Crackers & cheese	AM: Animal crackers PM: Wheat thins	AM: Rice cakes PM: Tortilla chips & salsa	AM: Yogurt PM: Leftover snack mix