

**RCCP SNACK MENU for MWF AM and PM class  
Sept. 2022-June 2023I**

Please be aware that all snacks must come in the **original packaging** and be **peanut/nut free products**. No bulk foods are allowed.

\*PLEASE CHECK INGREDIENT LISTS FOR PEANUTS, PEANUT OIL, OR “MAY CONTAIN TRACES OF NUTS” (INCLUDING TREE NUTS) UNTIL FURTHER NOTICE.

Snack	Menu	Amount for one Class
Week A Monday	Whole Grain Crackers Ex: Wheat Thins MULTIGRAIN Whole Grain Triscuit Crackers or Breton MULTIGRAIN  Cheese  Apples or Oranges  Water	3 boxes (120 Crackers)  400g - 500 g of cheese (1 large bar)  8 apples or 8 oranges (uncut)  School provides
Week A Wed.	Whole-Grain pita or naan with hummus  Baby Cut Carrots  2% Milk	2 bags of large whole grain pitas or 3 bags of mini whole grain pitas or whole grain naan  1 tub of hummus 250 grams  1 small bag ( 1 lb - 340g ) of baby cut carrots  1L carton of 2% milk or 1 bag
Week A Friday	Mixed whole grain Multi grain and/or plain cheerios  Bananas or Grapes  Water	10 cups of dry cereal (Plain or Multigrain cheerios) in original boxes  8-10 Bananas or 5 cups of grapes (uncut)

Week B Monday	<p>Whole Grain Crackers Ex: Wheat Thins MULTIGRAIN Whole Grain Triscuit Crackers or Breton MULTIGRAIN</p> <p>Cheese</p> <p>English cucumbers</p> <p>2% Milk</p>	<p>3 boxes (120 crackers)</p> <p>400 -500g of cheese ( 1 large bar)</p> <p>1 (uncut) english cucumber</p> <p>2% milk ( 1 bag)</p>
Week B Wed.	<p>Unsweetened applesauce</p> <p>Rice crackers (plain) or Whole wheat Melba toast or Whole wheat Pepperidge Farm Fish crackers</p> <p>Water</p>	<p>Small containers of applesauce (enough for class size) 18</p> <p>-2 bags of large plain rice crackers or 2 boxes of whole wheat Melba toast or 3 bags of fish crackers</p> <p>School provides</p>
Week B Friday	<p>Whole-Grain Bagels/buns/ English Muffins with hummus or butter</p> <p>Baby Cut Carrots</p> <p>2% Milk</p>	<p>12 bagels OR 12 English Muffins (whole grain)</p> <p>1 container of hummus 250 grams OR 1 stick of butter</p> <p>1 small bag (340 g) baby carrots</p> <p>1L carton of 2% milk or 1 bag</p>