

DECEMBER 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| <p>3</p> <p>AM— Cucumbers, snap peas and cheese cubes</p> <p>PM—Watermelon and crackers</p> | <p>4</p> <p>AM— Potato Latkes</p> <p>PM— Sesame crackers and apples</p> | <p>5</p> <p>AM—Rice cakes</p> <p>Orange slices</p> <p>PM—Whole fruit popsicles</p> | <p>6</p> <p>AM—Yogurt and bananas</p> <p>PM—Guamole and Corn chips</p> | <p>7</p> <p>AM—Veggies and Ranch</p> <p>PM—Pineapple chunks and crackers</p> |
| <p>10</p> <p>AM—Yogurt & berries</p> <p>PM—Pita chips and apples</p> | <p>11</p> <p>AM—Rice Chex and bananas</p> <p>PM—Cantaloupe and pretzels</p> | <p>12</p> <p>AM—Apples and raisins</p> <p>PM—Sun chips and fruit</p> | <p>13</p> <p>AM—Turkey and cheese</p> <p>PM—Pears</p> <p>Graham crackers</p> | <p>14</p> <p>AM—Muffins and bananas</p> <p>PM—Whole fruit popsicles</p> |
| <p>17</p> <p>AM Pasta and parmesan</p> <p>PM—Bananas and rice cakes</p> | <p>18</p> <p>AM—oranges and sesame crackers</p> <p>PM—raisins and apples</p> | <p>19</p> <p>AM—Pita chips and hummus</p> <p>PM— Cheese cubes and crackers</p> | <p>20</p> <p>AM - Cheese Slices and apples</p> <p>PM - Frozen Yoghurt and berries</p> | <p>21</p> <p>AM- Oranges and pretzels</p> <p>PM - Bananas and Chocolate chips</p> |

WW Snack Schedule