

Strong Loundations Snack Calendar: July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					3	Ч
5	6	7	8	q	10	
12	13	14	15	16	17	18
Iq	20	21	22	23	24	25
26	27	28	29 Extra Care Day	30 Extra Care Day	31 Extra Care Day	
			AM: banana and	AM: raisins and	AM: bagel with	
			vanilla wafers	pretzels	cream cheese	
			PM: yogurt and	PM: tortilla chips and salsa	PM: sliced turkey with Ritz crackers	
			graham crackers	ana saisa	with Kitz chackers	

^{*}Nutrigrain bar flavors to include strawberry, mixed berry, apple, blueberry *Yogurt flavors to include: strawberry, mixed berry, vanilla, cherry



Snack Calendar: August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29 Extra Care Day	30 Extra Care Day	31 Extra Care Day	1
			AM: banana and	AM: raisins and	AM: Bagel with	
			vanilla wafers	pretzels	cream cheese	
			PM: yogurt and	PM: tortilla chips and	PM: sliced turkey	
			graham crackers	salsa	with Ritz crackers	
2	3 Extra Care Day	4 Extra Care Day	5	6	7	8
	AM: banana and	AM: apple sauce and	AM: raisins and Chex	AM: grapes and	AM: yogurt and	
	graham crackers	granola bar	mix	veggie straws	Nutrigrain bar	
	PM: cheese stick and	PM: tortilla chips and	PM: carrots, ranch,	PM: bagel with cream	PM: banana and	
	Wheat Thins	salsa	and goldfish	cheese	vanilla wafers	
q	10	II	12	13	14	15
	AM: bagel with	AM: raisins and	AM: banana and	AM: apple sauce and	AM: apple slices and	
	cream cheese	Wheat Thins	vanilla wafers	graham crackers	Cheez-its	
	PM: grapes and	PM: Cheese stick and	PM: popcorn and	PM: celery, ranch,	PM: raisins and	
	veggie straws	Ritz crackers	grapes	and Chex mix	Goldfish	
16	17	18	Id .	20	21	22
	AM: banana and	AM: grapes and	AM: yogurt and	AM: pears and vanilla	AM: apple sauce and	
	Multigrain Cheerios	Cheez-Its	graham crackers	wafers	Nutrigrain bar	
	PM: cheese stick and	PM: carrots, ranch,	PM: Goldfish and	PM: tortilla chips and	PM: cheese stick and	
	Ritz crackers	and granola bar	celery	salsa	raisins	
23	24	25	26	27	28	29
	AM: apple sauce and	AM: grapes and	AM: banana and	AM: pears and	AM: apple slices and	
	granola bar	veggie straws	vanilla wafers	Multigrain Cheerios	Cheez-its	
	PM: baby carrots,	PM: raisins and	PM: yogurt and	PM: celery, ranch,	PM: cheese stick and	
	ranch, Wheat Thins	pretzels	graham crackers	and Goldfish	Ritz crackers	
30	31		2	3	4	5
	AM: banana and	AM: apple sauce and	AM: raisins and Chex	AM: grapes and	AM: yogurt and	
	graham crackers	granola bar	mix	veggie straws	Nutrigrain bar	
	PM: cheese stick and	PM: tortilla chips and	PM: carrots, ranch,	PM: bagel with cream	PM: banana and	
	Wheat Thins	salsa	and goldfish	cheese	vanilla wafers	

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Strong Foundations Snack Calendar: September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	I	2	3	4	5
	AM: banana and	AM: apple sauce	AM: raisins and	AM: grapes and	AM: yogurt and	
	graham crackers	and granola bar	Chex mix	veggie straws	Nutrigrain bar	
	PM: cheese stick	PM: tortilla chips	PM: carrots, ranch,	PM: bagel with	PM: banana and	
	and Wheat Thins	and salsa	and goldfish	cream cheese	vanilla wafers	
6	7	8	9	10	11	12
	Labor Day	AM: raisins and	AM: banana and	AM: apple sauce,	AM: apple slices and	
	No School	Wheat Thins	vanilla wafers	graham crackers	Cheez-its	
		PM: Cheese stick	PM: popcorn and	PM: celery, ranch,	PM: raisins and	
		and crackers	grapes	and Chex mix	Goldfish	
13	14	15	16	17	18	Id .
	AM: banana and	AM: grapes and	AM: yogurt and	AM: pears and	AM: apple sauce	
	Multigrain Cheerios	Cheez-Its	graham crackers	vanilla wafers	and Nutrigrain bar	
	PM: cheese stick	PM: carrots, ranch,	PM: bagel and	PM: tortilla chips	PM: cheese stick	
	and crackers	and granola bar	cream cheese	and salsa	and raisins	
20	21	22	23	24	25	26
	AM: apple sauce	AM: grapes and	AM: banana and	AM: pears and	AM: apple slices and	
	and granola bar	veggie straws	vanilla wafers	multigrain cheerios	cheez-its	
	PM: baby carrots,	PM: raisins and	PM: yogurt and	PM: celery, ranch,	PM: cheese stick	
	ranch, Wheat Thins	pretzels	graham crackers	and goldfish	and crackers	
27	28	29	30		2	3
	AM: banana and	AM: apple sauce	AM: raisins and	AM: grapes and	AM: yogurt and	
	graham crackers	and granola bar	Chex mix	veggie straws	Nutrigrain bar	
	PM: cheese stick	PM: tortilla chips	PM: carrots, ranch,	PM: bagel with	PM: banana and	
	and Wheat Thins	and salsa	and goldfish	cream cheese	vanilla wafers	

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Strong Foundations Snack Calendar: October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	AM: banana and graham crackers PM: cheese stick and Wheat Thins	AM: apple sauce and granola bar PM: tortilla chips and salsa	30 AM: raisins and Chex mix PM: carrots, ranch, and goldfish	I AM: grapes and veggie straws PM: bagel with cream cheese	2 AM: yogurt and Nutrigrain bar PM: banana and vanilla wafers	3
Ч	5 Fall Break Begins	6	7	8	q	IO
	I2 Extra Care Day AM: apple sauce and granola bar PM: baby carrots, ranch, Wheat Thins	I3 AM: grapes and veggie straws PM: cheese stick and Ritz crackers	IH AM: Bagel with cream cheese PM: yogurt and graham crackers	I5 AM: raisins and pretzels PM: tortilla chips and salsa	I6 AM: banana and vanilla wafers PM: sliced turkey with Ritz crackers	17
18	IA AM: banana and graham crackers PM: cheese stick and Wheat Thins	20 AM: apple sauce and granola bar PM: tortilla chips and salsa	21 AM: raisins and Chex mix PM: carrots, ranch, and goldfish	22 AM: grapes and veggie straws PM: bagel with cream cheese	23 AM: yogurt and Nutrigrain bar PM: banana and vanilla wafers	24
25	26 AM: banana and vanilla wafers PM: grapes and veggie straws	27 AM: raisins and Wheat Thins PM: Cheese stick and Ritz crackers	28 AM: bagel with cream cheese PM: popcorn and grapes	29 AM: apple sauce and graham crackers PM: celery, ranch, and Chex mix	30 AM: apple slices and Cheez-its PM: raisins and Goldfish	31

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Strong Foundations Snack Calendar: November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I	2	3	4	5	6	7
	AM: banana and	AM: grapes and	AM: yogurt and	AM: pears and	AM: apple sauce	
	Multigrain Cheerios	Cheez-Its	graham crackers	vanilla wafers	and nutrigrain bar	
	PM: cheese stick	PM: carrots, ranch,	PM: grapes and	PM: tortilla chips	PM: cheese stick	
	and crackers	and granola bar	veggie straws	and salsa	and raisins	
8	9	10	II	12	13	14
	AM: apple sauce	AM: grapes and		AM: pears and	AM: apple slices and	
	and granola bar	veggie straws	No School	multigrain cheerios	Cheez-its	
	PM: carrots, ranch,	PM: bagel and	Veterans Day	PM: celery, ranch,	PM: cheese stick	
	and Wheat Thins	cream cheese		and goldfish	and Ritz crackers	
15	16	17	18	19	20	21
	AM: banana and	AM: apple sauce	AM: raisins and	AM: grapes and	AM: yogurt and	
	graham crackers	and granola bar	Chex mix	veggie straws	nutrigrain bar	
	PM: cheese stick	PM: tortilla chips	PM: carrots, ranch,	PM: bagel with	PM: banana and	
	and Wheat Thins	and salsa	and goldfish	cream cheese	vanilla wafers	
22	23	24 Class Celebration	25	26	27	28
	AM: banana and	AM: pretzels, toast,				
	vanilla wafers	popcorn, carrots		Thanksgiving Day		
	PM: Cheese stick	PM: goldfish and	No School	No School	No School	
	and Ritz crackers	grapes				
29	30	1	2	3	4	5
	AM: apple sauce and	AM: grapes and	AM: yogurt and	AM: apple slices and	AM: apple sauce	
	Multigrain Cheerios	Cheez-Its	graham crackers	vanilla wafers	and Nutrigrain bar	
	PM: cheese stick	PM: carrots, ranch,	PM: raisins and	PM: tortilla chips	PM: cheese stick	
	and Ritz crackers	and granola bar	goldfish	and salsa	and raisins	

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Strong Loundations Snack Calendar: December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
	AM: apple sauce and	AM: grapes and	AM: yogurt and	AM: apple slices and	AM: apple sauce	
	Multigrain Cheerios	Cheez-Its	graham crackers	vanilla wafers	and Nutrigrain bar	
	PM: cheese stick and	PM: carrots, ranch,	PM: raisins and	PM: tortilla chips	PM: cheese stick	
	Ritz crackers	and granola bar	goldfish	and salsa	and raisins	
6	7	8	9	10	11	12
	AM: banana and	AM: oranges and	AM: apple sauce	AM: pears and	AM: apple slices and	
	vanilla wafers	veggie straws	and granola bar	Multigrain Cheerios	Cheez-its	
	PM: baby carrots,	PM: raisins and	PM: yogurt and	PM: celery, ranch,	PM: cheese stick	
	ranch, and Wheat	pretzels	graham crackers	and goldfish	and Ritz crackers	
	Thins					
13	14	15	16	17	18	19
	AM: banana and	AM: apple sauce	AM: raisins and	AM: grapes and	AM: yogurt and	
	graham crackers	and granola bar	Chex mix	veggie straws	Nutrigrain bar	
	PM: cheese stick	PM: tortilla chips	PM: carrots, ranch,	PM: bagel with	PM: apple slices and	
	and Wheat Thins	and salsa	and goldfish	cream cheese	graham crackers	
20	21	22	23	24	25	26
	Winter Break					
27	28	29	30	3I	1	2
					New Year's Day	

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Strong Loundations Snack Calendar: January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	I	2
					New Year's Day	
3	4 Extra Care Day	5	6	7	8	9
	AM: banana and	AM: apple sauce and	AM: raisins and Chex	AM: grapes and	AM: yogurt and	
	graham crackers	granola bar	mix	veggie straws	Nutrigrain bar	
	PM: cheese stick and	PM: tortilla chips and	PM: carrots, ranch,	PM: bagel with cream	PM: grapes and	
	Wheat Thins	salsa	and goldfish	cheese	goldfish	
10	II Fall Registration	12	13	14	15	16
	AM: bagel with	AM: raisins and	AM: oranges and	AM: apple sauce and	AM: raisins and	
	cream cheese	Wheat Thins	Goldfish	graham crackers	Goldfish	
	PM: banana and	PM: Cheese stick and	PM: popcorn and	PM: celery, ranch,	PM: apple slices and	
	vanilla wafers	Ritz crackers	grapes	and Chex mix	Cheez-its	
17	18	19	20	21	22	23
	Dr. Martin Luther	AM: bananas and	AM: yogurt and	AM: grapes and	AM: apple sauce and	
	King, Jr. Day	vanilla wafers	graham crackers	Cheez-Its	Nutrigrain bar	
	No School	PM: carrots, ranch,	PM: oranges and	PM: tortilla chips and	PM: cheese stick and	
		and granola bar	pretzels	salsa	raisins	
24	25	26	27	28	29	30
	AM: banana and	AM: grapes and	AM: apple sauce and	AM: pears and	AM: apple slices and	
	vanilla wafers	veggie straws	granola bar	Multigrain Cheerios	Cheez-its	
	PM: baby carrots,	PM: raisins and	PM: yogurt and	PM: celery, ranch,	PM: cheese stick and	
	ranch, Wheat Thins	pretzels	graham crackers	and goldfish	Ritz crackers	
31		2	3	4	5	5
	AM: banana and	AM: apple sauce and	AM: raisins and Chex	AM: grapes and	AM: yogurt and	
	graham crackers	granola bar	mix	veggie straws	Nutrigrain bar	
	PM: cheese stick and	PM: tortilla chips and	PM: banana and vanilla	PM: bagel with cream	PM: carrots, ranch,	
	Wheat Thins	salsa	wafers	cheese	and goldfish	

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Strong Foundations Snack Calendar: February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	I	2	3	4	5	6
	AM: banana and	AM: apple sauce	AM: raisins and	AM: grapes and	AM: yogurt and	
	graham crackers	and granola bar	Chex mix	veggie straws	Nutrigrain bar	
	PM: cheese stick	PM: tortilla chips	PM: banana and	PM: bagel with	PM: carrots, ranch,	
	and Wheat Thins	and salsa	vanilla wafers	cream cheese	and goldfish	
7	8	9	10	II	12	13
	AM: bananas and	AM: oranges and	AM: raisins and	AM: apple sauce,	AM: apple slices and	
	vanilla wafers	granola bar	Wheat Thins	graham crackers	Cheez-its	
	PM: baby carrots,	PM: Cheese stick	PM: popcorn and	PM: celery, ranch,	PM: raisins and	
	ranch, Wheat Thins	and crackers	grapes	and Chex mix	Goldfish	
14	15	16	17	18	19	
		AM: grapes and	AM: yogurt and	AM: pears and	AM: apple sauce	
	President's Day	Cheez-Its	graham crackers	vanilla wafers	and Nutrigrain bar	
	No School	PM: carrots, ranch,	PM: raisins and	PM: tortilla chips	PM: cheese stick	
		and granola bar	celery	and salsa	and raisins	
21	22	23	24	25	26	27
	AM: banana and	AM: grapes and	AM: apple sauce	AM: oranges and	AM: apple slices and	
	vanilla wafers	veggie straws	and granola bar	Multigrain Cheerios	Cheez-Its	
	PM: baby carrots,	PM: raisins and	PM: yogurt and	PM: celery, ranch,	PM: cheese stick	
	ranch, Wheat Thins	pretzels	graham crackers	and Goldfish	and Ritz crackers	
28		2	3	4	5	6
	AM: banana and	AM: raisins and	AM: bagel with	AM: apple sauce,	AM: apple slices and	
	vanilla wafers	Wheat Thins	cream cheese	graham crackers	Cheez-its	
	PM: carrots, ranch,	PM: Cheese stick	PM: popcorn and	PM: celery, ranch,	PM: raisins and	
	and veggie straws	and Ritz crackers	oranges	and Chex mix	Goldfish	

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Strong Foundations Snack Calendar: March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	I AM: banana and vanilla wafers PM: carrots, ranch, and veggie straws	2 AM: raisins and Wheat Thins PM: Cheese stick and Ritz crackers	3 AM: bagel with cream cheese PM: popcorn and oranges	4 AM: apple sauce, graham crackers PM: celery, ranch, and Chex mix	5 AM: apple slices and Cheez-Its PM: raisins and Goldfish	6
7	8 AM: banana and vanilla wafers PM: baby carrots, ranch, Wheat Thins	q AM: apple sauce and granola bar PM: Cheese stick and crackers	IO AM: raisins and Wheat Thins PM: popcorn and grapes	II AM: apple sauce, graham crackers PM: celery, ranch, and Chex mix	I2 AM: apple slices and Cheez-its PM: raisins and Goldfish	13
IH	15 Spring Break Begins	16	17	18	Id	20
21	22 Extra Care Day AM: banana and graham crackers PM: cheese stick and Wheat Thins	23 AM: apple sauce and granola bar PM: tortilla chips and salsa	24 AM: raisins and Chex mix PM: carrots, ranch, and Goldfish	25 AM: apple slices and veggie straws PM: bagel with cream cheese	26 AM: yogurt and Nutrigrain bar PM: popcorn and oranges	27
28	29 AM: banana and vanilla wafers PM: grapes and veggie straws	30 AM: raisins and Wheat Thins PM: Cheese stick and Ritz crackers	31 AM: bagel with cream cheese PM: popcorn and grapes	AM: apple sauce, graham crackers PM: celery, ranch, and Chex mix	2 Spring Holiday No School	

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Strong Foundations Snack Calendar: April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29	30	31	1	2	3
	AM: banana and	AM: raisins and	AM: bagel with	AM: apple sauce,		
	vanilla wafers	Wheat Thins	cream cheese	graham crackers	Spring Holiday	
	PM: grapes and	PM: Cheese stick	PM: popcorn and	PM: celery, ranch,	No School	
	veggie straws	and Ritz crackers	grapes	and Chex mix		
4	5	6	7	8	9	10
	AM: apple sauce	AM: grapes and	AM: apple slices and	AM: oranges and	AM: raisins and	
	and granola bar	veggie straws	Cheez-Its	Multigrain Cheerios	Chex mix	
	PM: baby carrots,	PM: raisins and	PM: raisins and	PM: celery, ranch,	PM: cheese stick	
	ranch, Wheat Thins	pretzels	Goldfish	and Goldfish	and Ritz crackers	
	12	13	14	15	16	17
	AM: banana and	AM: apple sauce	AM: banana and	AM: grapes and	AM: yogurt and	
	graham crackers	and granola bar	vanilla wafers	veggie straws	Nutrigrain bar	
	PM: cheese stick	PM: tortilla chips	PM: carrots, ranch,	PM: bagel with	PM: raisins and	
	and Wheat Thins	and salsa	and Goldfish	cream cheese	Goldfish	
18	19	20	21	22	23	24
	AM: banana and	AM: raisins and	AM: apple sauce,	AM: bagel with	AM: yogurt and	
	vanilla wafers	Wheat Thins	graham crackers	cream cheese	graham crackers	
	PM: Cheese stick	PM: popcorn and	PM: celery, ranch,	PM: grapes and	PM: carrots, ranch,	
	and Ritz crackers	grapes	and Chex mix	veggie straws	and Goldfish	
25	26	27	28	29	30	
	AM: banana and	AM: grapes and	AM: yogurt and	AM: apple slices and	AM: apple sauce	
	Multigrain Cheerios	Cheez-Its	graham crackers	vanilla wafers	and Nutrigrain bar	
	PM: cheese stick	PM: banana and	PM: carrots, ranch,	PM: tortilla chips	PM: cheese stick	
	and crackers	vanilla wafers	and granola bar	and salsa	and raisins	

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Strong Loundations Snack Calendar: May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	I
	AM: banana and	AM: grapes and	AM: yogurt and	AM: apple slices and	AM: apple sauce and	
	Multigrain Cheerios	Cheez-Its	graham crackers	vanilla wafers	nutrigrain bar	
	PM: cheese stick and	PM: banana and	PM: carrots, ranch,	PM: tortilla chips	PM: cheese stick and	
	Ritz crackers	vanilla wafers	and granola bar	and salsa	raisins	
2	3	4	5	6	7	8
	AM: banana and	AM: grapes and	AM: apple sauce and	AM: pears and	AM: apple slices and	
	vanilla wafers	veggie straws	granola bar	Multigrain Cheerios	Cheez-Its	
	PM: baby carrots,	PM: raisins and	PM: yogurt and	PM: celery, ranch,	PM: cheese stick and	
	ranch, Wheat Thins	pretzels	graham crackers	and Goldfish	Ritz crackers	
q	10	II	12	13	14	15
	AM: banana and	AM: apple sauce and	AM: raisins and Chex	AM: grapes and	AM: yogurt and	
	graham crackers	granola bar	mix	veggie straws	Nutrigrain bar	
	PM: cheese stick and	PM: tortilla chips and	PM: banana and	PM: bagel with	PM: carrots, ranch,	
	Wheat Thins	salsa	vanilla wafers	cream cheese	and Goldfish	
16	17	18	19	20	21	22
	AM: banana and	AM: raisins and	AM: apple sauce,	AM: bagel with	AM: yogurt and	
	vanilla wafers	Wheat Thins	graham crackers	cream cheese	graham crackers	
	PM: Cheese stick	PM: popcorn and	PM: celery, ranch,	PM: grapes and	PM: apple slices and	
	and Ritz crackers	grapes	and Chex mix	veggie straws	Goldfish	
23	24	25	26	27	28 Extra Care Day	29
	AM: banana and	AM: grapes and	AM: yogurt and	AM: pears and	AM: apple sauce and	
	Multigrain Cheerios	Cheez-Its	graham crackers	vanilla wafers	Nutrigrain bar	
	PM: cheese stick and	PM: carrots, ranch,	PM: apple slices and	PM: tortilla chips and	PM: cheese stick and	
	Ritz crackers	and granola bar	Goldfish	salsa	raisins	
30	31					

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