

# G.S.R.P



## Monthly PM Snack

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
Week 1	Apple slices and walnuts	Grapes	Carrot sticks and ranch dip	Veggie Straws
Week 2	Cherry tomatoes and cucumbers	Bananas	Cheese Sticks	Popcorn
Week 3	Broccoli and cauliflower	Pears and Cashews	Celery and Almond butter <i>(cream cheese if peanut/ nut allergy exist in room)</i>	Plain yogurt and berries
Week 4	Cherry tomatoes and cucumbers	Plums or Peaches	Apple slices and walnuts	Whole grain crackers and cheese
Week 5 (optional)	Oranges and raisins	Broccoli and cauliflower	Cheese Sticks	Veggie Straws

