



Prescott YMCA Preschool Snack October 2017

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday
2 Yogurt Muffins String Cheese Saltines	3 Craisins fish crackers Applesauce Grahams	4 Cheddar Cheese Ritz Chips, Salsa	5 Bagels & Cream Cheese Raisins Pretzels	6 String Cheese Saltines Carrots Ranch, Saltines
9 Bagels & Cream Cheese Cheddar Cheese Wheat Thins	10 Yogurt Muffins Craisins Pretzels	11 Oranges and cheez-Its Carrots Ranch, Saltines	12 String Cheese Saltines Raisins fish crackers	13 Peaches Cottage Cheese Applesauce Grahams
16 Yogurt Muffins String Cheese Saltines	17 Peaches Cottage Cheese Craisins fish crackers	18 Cheddar Cheese Ritz Chips, Salsa	19 Bagels & Cream Cheese Raisins Pretzels	20 String Cheese Saltines Carrots Ranch, Saltines
23 Peaches Cottage Cheese Cheddar Cheese Wheat Thins	24 Yogurt Muffins Craisins Pretzels	25 Applesauce Ritz Carrots Ranch, Saltines	26 String Cheese Saltines Raisins fish crackers	27 Bagels & Cream Cheese Chips, Salsa
30 Applesauce Grahams Oranges and cheez-Its	31 Carrots Ranch, Saltines Craisins Pretzels			

Snacks are provided twice daily for your child. Please be sure to pack a nutritious lunch for your child.

This schedule is subject to change due to availability of food items and rate of use.

The Y: We're for youth development, healthy living and social responsibility.

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