

EC Program Snack Schedule

*Any changes to the snack list will be considered a special snack. These changes can be found in the daily lesson plans. Snack will be served daily at 10:00 AM

Monday – Vegetable (such as baby carrots, celery sticks or canned goods), ranch dressing dip and apple juice.

Tuesday – Wheat or Saltine Crackers, cheese and water

Wednesday – Fruit (such as fresh bananas, strawberries, apples or grapes) animal crackers and milk

Thursday – Cheerios, applesauce and milk

Friday – Dry Mix (pretzels, gold fish, cheese-its, chocolate chips) and juice