

Our Lady of Perpetual Help School
Sample Weekly Snack Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
AM Graham Crackers (2 whole) Milk (1/2 cup)	AM Cereal (1/3 cup) Milk (1/2 cup) Juice (1/2 cup)	AM Crackers (1/4 cup) Cheese (1/2oz) Juice (1/2 cup)	AM Graham Crackers (2 whole) Milk (1/2 cup)	AM Cereal (1/3 cup) Milk (1/2 cup) Juice (1/2 cup)
PM Carrots (1/2 cup) & Ranch Dressing (1 tbsp.) Juice (1/2 cup)	PM Banana (1/2 cup) Graham Crackers (1 whole) Juice (1/2 cup)	PM Peanut Butter (1 tbsp) & Jelly (1 tbsp) Sandwich (1 slice bread) Milk (1/2 cup)	PM Cheese (1/2 oz) Crackers (1/4 cup) Juice (1/2 cup)	PM Apples (1/2 cup) Cheese Crackers (1/4 cup) Juice (1/2 cup)

Snack Schedule

10:00 AM

2:30 PM

Snack will be provided by school