

MSF Weekly Snack September 22-26, 2025

Mon. – Sept 22

Apples

Peppers

Cheese cubes (sub DF)

Club crackers

Tues. – Sept 16

Oranges

Hummus

Ritz Crackers

Wed. - Sept 17

Bartlett Pears (apples if needed)

Cherry tomatoes

Pretzels (sub GF)

elem&jr= Trail mix

(peanuts, cranberries, walnuts)

ec= walnuts and/or cashews

Thurs. - Sept 18

Grapes

Pickles

English Muffins with cream cheese (sub DF & GF)

Fri.- Sept 19

Cantaloupe

Snap peas

Sunflower seeds

Wheat thins

Junior Prep

Monday:

Prep oranges

Tuesday:

Prep trail mix for Elem. & Jr.

(mix together Pretzels, peanuts, walnuts, and cranberries)

Wednesday:

Prep english muffins with butter

Thursday:

Prep Cantaloupe