

MSF Weekly Snack August 25-29, 2025

Mon. – Aug. 25

Berries
Carrots
Cheese cubes (sub DF)
Crackers

Junior Prep

Monday:

Take the english muffins out of freezer

Tues. – Aug

Grapes
~~Pickles~~ water melon
Walnuts
Veggie Straws

Tuesday:

Prep english muffins
Prep cucumbers

Wednesday:

No Prep.

Wed. - Aug. 27

Bananas
Cucumber
Sunflower seeds
Butter (dairy free) and english muffins

Thursday:

Prep Watermelon

Thurs. - Aug. 28

Apples
Sugar Snap Peas
Hummus
Pretzels (sub GF)

Fri.- Aug. 29

~~Watermelon~~ Oranges
Salsa
Beans
Tortilla chips

MSF Weekly Snack September 1st - 5th, 2025

Mon. – Sept 1

No School

Tues. – Sept 2

Apples

Carrots (*baby*)

Walnuts (or cashews or almonds)

Veggie Straws

Wed. - Sept 3

Berries

Cucumber (*and/or peppers*)

Crackers and cream cheese (sub df&gf)

Thurs. - Sept 4

Watermelon

Sugar Snap Peas

Hummus

Pretzels (sub GF)

Fri.- Sept 5

Grapes (and Watermelon leftovers)

Salsa

Beans

Tortilla chips

Junior Prep

Monday:

NA

Tuesday:

Prep cucumber

Prep crackers and cream cheese

Wednesday:

Prep watermelon

Thursday:

Prep grapes