

MSF Weekly Snack February 9 , 2026

Mon. – Feb. 9

Oranges & Dried Strawberries
Pickles
Nuts
Crackers

Tues. – Feb. 10

Apples
Celery with cream cheese (sub DF)
Pretzels

Wed. - Feb. 11

Berries
Cucumbers
Cheese cubes
Crackers

Thurs. - Feb. 12

Cantaloupe
Salsa
Beans (black beans & chickpeas)
Tortilla Chips

Fri. - Feb. 13

Grapes
Baby carrots
Hummus
Crackers

Junior Prep

Monday:

Prep apples (wash & lemon water)
Prep celery & cream cheese (sub DF)

Tuesday:

Wash berries
Prep cucumbers

Wednesday:

Prep Cantaloupe
Wash and combine beans

Thursday:

Prep Grapes