

# MSF Weekly Snack September 8th - 12th, 2025

## Mon. – Sept 8

Apples

Pickles

Cheese Cubes (sub DF)

Woven Crackers (sub GF)

## Tues. – Sept 9

Cantaloupe

Cucumbers

Nuts

Wheat thins (sub GF)

## Wed. - Sept 10

Oranges

Peppers

Hummus

Pretzels (sub GF)

## Thurs. - Sept 11

Grapes

Carrots

Peanut butter on Rice Cakes

(sub SUN butter for EMMA'S class)

## Fri.- Sept 12

Apples

(leftover peppers)

Salsa

Bean mix (black beans & garbonzo)

Tortilla Chips

## Junior Prep

### Monday:

Prep Cantaloupe

Prep Cucumbers

### Tuesday:

Prep oranges

Prep Peppers

### Wednesday:

Wash table surface.

Prep Rice Cakes and SUN butter for Emma's class first.

Prep Rice cakes and peanut butter.

### Thursday:

Prep Beans (Black beans & garbonzo)