

MSF Weekly Snack March 2, 2026

Mon. – March 2

Apples
Carrots
Hummus
Pretzels

Junior Prep

Monday:

No prep

Tues. – March 3

Bananas
Sugar snap peas
Almonds & Walnuts
Saltine Crackers

Tuesday:

Wash grapes
Prep cucumbers
Prep bagels and cream cheese
(sub GF & DF)

Wed. - March 4

Grapes
Cucumbers
Cream cheese on Bagels

Wednesday:

Prep oranges
Prep beans

Thurs. - March 5

Oranges
Salsa
Black beans & Chickpeas
Tortilla Chips

Thursday:

Prep strawberries
Wash blueberries
Prep cups with yogurt (Toni)

Fri. - March 6

Strawberries & Blueberries
Nuts
Plain greek yogurt with honey
Granola