

MSF Weekly Snack November 17-21, 2025

Mon. – Nov. 17

Apples
Carrots
Nuts
Saltines

Junior Prep

Monday:

Wash Berries
Prep Cucumbers

Tues. – Nov. 18

Berries
Cucumbers
Hummus
Pretzels

Tuesday:

Wash grapes
Prep peanut butter on rice cakes for EL &
JR ONLY

Wed. - Nov. 19

Grapes
Carrots
Peanut butter on Rice Cakes
(sub Sunbutter in EC)

Wednesday:

Prep oranges
Prep protein bites

Thurs. - Nov. 20

Oranges
Pickles
Protein Bites for EL & JR, nuts for EC
Crackers

Thursday:

Prep beans

Fri.- Nov. 21

Leftover Fruit
Salsa
Beans (Black & Chickpeas)
Tortilla Chips