

MSF Weekly Snack May 4, 2026

Mon. – May 4

Apples
Tomatoes & Carrots
Nuts
Popcorn (EC can pop in their rooms)

Tues. – May 5

Cantaloupe
Salsa
Beans
Tortillas

Wed. - May 6

Watermelon
Sugar Snap peas
Cheese cubes
Crackers

Thurs. - May 7

Blueberries
Cucumbers
Yogurt
Granola

Fri. - May 8

Oranges
Pickles
Peanut butter on English muffins

Junior Prep

Monday:

Prep Melon
Wash and mix beans

Tuesday:

Prep Watermelon

Wednesday:

Wash berries
Prep Cucumbers
Make granola (seeds, nuts, oats, honey, dried fruit)

Thursday:

Prep Oranges
VERY IMPORTANT, Prep Sunbutter on GF english muffins 1st!!!!
Put those away in their own container before you touch peanut butter!!!
Prep peanut butter on english muffins