

MSF Weekly Snack September 15th-19th, 2025

Mon. – Sept 15

Apples
Carrots
Hummus
Pretzels (sub GF)

Tues. – Sept 16

Bananas
Sugar Snap Peas
Almonds & walnuts
Saltine Crackers (sub GF)

Wed. - Sept 17

Grapes
Cucumbers
Cream cheese and Bagels
(sub DF & GF)

Thurs. - Sept 18

Oranges
Salsa
Black beans and garbanzo beans
Tortilla chips

Fri.- Sept 19

Strawberries
Blueberries
Nuts and granola
Yogurt (sub DF)

Junior Prep

Monday:

No Prep.

Tuesday:

Prep Cucumbers
Cream cheese and Bagels
(sub DF & GF)

Wednesday:

Prep Oranges
Prep Beans

Thursday:

Prep Strawberries