

# MSF Weekly Snack December 8-12, 2025

## **Mon. – Dec. 8**

Apples  
Pickles  
Pecans  
Crackers

## **Tues. – Dec. 9**

Melon  
Carrots  
Peanut butter on Rice Cakes  
(sub sunbutter for EC- Caroline)

## **Wed. - Dec. 10**

Bananas  
Bell Peppers  
Hummus  
Pretzels

## **Thurs. - Dec. 11**

Grapes  
Cucumbers  
Seeds (sunflower and pumpkin)  
Plantain Chips

## **Fri. - Dec. 12**

Oranges  
Salsa  
Beans (black & chickpeas)  
Tortilla Chips

## **Junior Prep**

### **Monday:**

Prep Melon  
Prep Peanut butter on rice cakes for EL & JR  
ONLY

### **Tuesday:**

Wash & Prep Bell Peppers

### **Wednesday:**

Wash & Prep Grapes  
Wash & Prep Cucumbers

### **Thursday:**

Wash & Prep oranges  
Rinse beans and mix