

# MSF Weekly Snack April 13, 2026

## **Mon. – April 13**

Apples & Dried Strawberries  
Frozen Peas  
Nuts  
Crackers

## **Tues. – April 14**

Blueberries  
Chickpea pasta Salad  
(chickpeas, cucumbers, tomatoes,  
olive oil) (veggies on the side)

## **Wed. - April 15**

Apples  
Snap peas  
Nuts  
Crackers

## **Thurs. - April 16**

Oranges  
Salsa  
Black beans  
Tortilla Chips

## **Fri. - April 17**

Pineapples  
Carrots  
English muffin pizzas (sub GF, DF)

## **Junior Prep**

### **Monday:**

Wash berries  
Make pasta  
Prep tomatoes & cucumbers, bite size, &  
mix  
Mix chickpeas, pasta, olive oil, S&P

### **Tuesday:**

Prep apples (spray with lemon juice)

### **Wednesday:**

Prep oranges  
Wash beans

### **Thursday:**

Prep pineapple  
Prep pizzas (sub gf, df)