

Nicholas Community Action Partnership, Inc. Head Start
 * This institution is an equal opportunity provider and employer

4-DAY

AUGUST

Sun

Mon

Tue

Wed

Thu

Fri

Sat

		1.	2.	3.	4.	5.
6.	7.	8.	9.	10.	11.	12.
13.	14.	15.	16.	17.	18.	19.
20.	21.	22.	23.	24.	25. Applesauce (1/2c) Pretzels (1/2c) Milk (1/2c)	26.
27.	28. Applesauce (1/2c) Pretzels (1/2c) Milk (1/2c)	29. Banana (1/2) Goldfish Crackers (1/2c) Water	30.	31. Raisins 91/2c) Milk (1/2c)		

Snack Menu

*Menu subject to change

2023

Nicholas Community Action Partnership, Inc. Head Start
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4-DAY

SEPTEMBER

Sun

Mon

Tue

Wed

Thu

Fri

Sat

3.	4. HOLIDAY	5. Broccoli (1/2c) Veg. Dip (1T) Milk (1/2c)	21. NO SCHOOL	7. String Cheese (1) Apple Slices (1/2c) Water	8. Applesauce (1/2c) Pretzels (1/2c) Milk (1/2c)	1. Raisins (1/4c) Milk (1/2c)	2.
10.	11. Kwini (1/2c) Pretzels (1/2c) Milk (1/2c)	12. Carrot Sticks (1/2c) Veg. Dip (1T) Milk (1/2c)	13. NO SCHOOL	14. Pretzels ((1/2c) Applesauce (1/2c) Milk (1/2c)	15. Raisins (1/4c) Milk (1/2c)		16.
17.	18. Banana (1/2) Goldfish Crackers (1/2c) Water	19. Grapes (1/2c) Pretzels (1/2c) Milk (1/2c)	20. NO SCHOOL	21. Cottage Cheese (4oz) Pineapple Tidbits (1/2c) Water	22. String Cheese (1) Apple Slices (1/2c) Water		23.
24.	25. Pretzels (1/2c) Applesauce (1/2c) Milk (1/2c)	26. Broccoli (1/2c) Veg. Dip (1T) Milk (1/2c)	27. NO SCHOOL	28. Yogurt (4oz) Peaches (1/2c) Water	29. Cheese Slice (1) WG Crackers (4) Water		30.

2022

Nicholas Community Action Partnership, Inc. Head Start
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4 DAY

OCTOBER

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1.	2.	3.	4.	5.	6.	7.
8.	9.	10.	11.	12.	13.	14.
	Pretzels (1/2c) Applesauce (1/2c) Water	String cheese (1) Pears (1/2c) Water	NO SCHOOL	Yogurt (4oz) Peaches(1/2c) Water	Faculty Senate (2-hr early release)	
15.	16.	17.	18.	19.	20.	21.
	NO SCHOOL (Columbus Day)	Raisins (1/4c) Milk (1/2c).	NO SCHOOL	Carrots Veg dip (1T) Milk (1/2c)	Pretzels (1/2c) Applesauce (1/2c) Water	
22.	23.	24.	25.	26.	27.	28.
	String cheese (1) Pears (1/2c) Water.	Banana (½) Goldfish Crackers (1/2c) Water	NO SCHOOL	Raisins (1/4c) Milk (1/2c)	Yogurt (4oz) Peaches(1/2c) Water	
29.	30.	31.				30
	Pretzels (1/2c) Applesauce (1/2c) Water	Broccoli (1/2c) Veg dip (1T) Milk (1/2c)				

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Snack Menu

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NOVEMBER

			1. Cottage Cheese (4oz) pineapple tidbits (1/2c) Water	2. Pretzels (1/2c) Milk (1/2c)	3. Kiwi (1/2c) Pretzels (1/2c) Milk (1/2c)	4.
5.	6. String Cheese (1) Apple Slices (1/2c) Water	7. Yogurt (4oz) Peaches(1/2c) Water	8. NO SCHOOL	9. Raisins (1/4c) Milk (1/2c)	10. NO SCHOOL (Veterans Day)	11.
12.	13 Cottage Cheese (4oz) pineapple tidbits (1/2c) Water	14 Pretzels (1/2 oz.) Milk (1/2c)	15 NO SCHOOL	16 NO SCHOOL	17 NO SCHHOL	18
19	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25
26	27. Kiwi (1/2c) Pretzels (1/2c) Milk (1/2c)	28. Yogurt (4oz) Peaches(1/2c) Water	29. NO SCHOOL	30. Raisins (1/4c) Milk (1/2c)		30.

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Nicholas Community Action Partnership, Inc. Head Start
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4 DAY

DECEMBER

Sun

Mon

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Wed

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Fri

Sat

3.	4 Pretzel (1/2) Applesauce (1/2c)	5. WG Goldfish Crackers (1/2oz) Milk (1/2c)	6. NO SCHOOL	7. Cottage Cheese (1/4c) Pineapple Tidbits (1/2c)	8. Broccoli Florets (1/2c) Vegetable Dip (1T) Milk (1/2c)	9.			
10.	11. WG Goldfish Crackers (1/2oz) Milk 9/1/2c)	12 Raisins 9/1/2c) Milk (1/2c)	13 NO SCHOOL	14 Banana (1/2c) Wheat Crackers (4) Water	15 Fruit Salad (1/2c) Yogurt (1/4c) Water	16			
17	18 WG Goldfish Crackers (1/2oz) Milk (1/2c)	19 Pretzel (1/2) Applesauce (1/2c)	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23.			
24.	25. NO SCHOOL	26.	27.	28.	29.	30.			
31.	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL			

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Nicholas Community Action Partnership, Inc. Head Start
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4 DAY

JANUARY

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. NO SCHOOL	2. Banana (1/2c) Wheat Crackers (4) Water	3. NO SCHOOL	4. Carrots Sticks Veg Dip (1/2c) Milk (1/2c)	5. Raisins (1/4c) Milk (1/2c)	6.	
7.	8. Cottage Cheese (1/4c) Fruit Salad (1/2c) Water	9. Apple Slices (1/2c) String Cheese (1/2oz) Water	10. NO SCHOOL	11. Raisins (1/4c) Milk (1/2c)	12. WG Goldfish Crackers (1/2oz) Milk (1/2c)	13.	
14.	15. NO SCHOOL (MLK Day)	16. WG Goldfish Crackers (1/2oz) Milk (1/2c)	17. NO SCHOOL	18. Cottage Cheese (1/4c) Fruit Salad (1/2c) Water	19. Broccoli Florets (1/2c) Vegetable Dip (1T) Milk (1/2c)	20.	
21.	22. WG Goldfish Crackers (1/2oz) Milk (1/2c)	23. Cheddar Cheese (1/2 oz) Whole Grain Crackers (4) Water	24. NO SCHOOL	25. Banana (1/2c) Wheat Crackers (4) Water	26. Carrots Sticks Veg Dip (1/2c) Milk (1/2c)	27.	
28.	29. Cottage Cheese (1/4c) Fruit Salad (1/2c) Water	30. Banana (1/2c) Wheat Crackers (4) Water	31. NO SCHOOL				

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4 DAY

FEBRUARY

Sun

Mon

Tue

Wed

Thu

Fri

Sat

4.	5. Yogurt (1/4c) Strawberries (1/2c) Water	6. Pretzels (1/2 c) Milk (1/2c)	7. NO SCHOOL	8. WG Crackers (8) Milk (1/2 c)	9 2-HR EARLY RELEASE	10.	
11.	12. Baby Carrots (7) Ranch Dressing (1 T) Milk (1/2c)	13. Apple Slices (1/2c) String Cheese (1) Water	14. NO SCHOOL	15. Cheese Slices (1) WG Crackers (4) Water	16. Pretzels (1/2 c) Milk (1/2c)	17.	
18.	19. Raisins (1/2 c) Milk (1/2c)	20. Cottage cheese (4oz) Pineapple Tidbits (1/2c) Water	21. NO SCHOOL	22. WG Crackers (8) Milk (1/2 c)	23. Apple Slices (1/2c) String Cheese (1) Water	24.	
25.	26. Cheese (1/2 oz) Crackers (4) Water	27. Pretzels (1/2 c) Milk (1/2c)	28. NO SCHOOL				

Nicholas Community Action Partnership, Inc. Head Start
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4 DAY

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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					1. Animal Crackers (8) Milk (1/2 c)	2.
3.	4. Apple Slices (1/2c) String Cheese (1) Water	5. Yogurt (1/4c) Bananas(1/2c) Water	6. NO SCHOOL	7. Raisins (1/4c) Milk (1/2c)	8. Carrot Sticks(1/2c) Veggie Dip (1T) Milk (1/2c)	9.
10.	11. Banana (1/2c) Wheat Crackers (4) Water	12. Pretzels (1/2 oz.) Milk (1/2c)	13. NO SCHOOL	14. Animal Crackers (8) Milk (1/2 c)	15. NO SCHOOL	16.
17.	18. Pretzels (1/2 oz.) Milk (1/2c)	19. Apple Slices (1/2c) String Cheese (1/2oz) Water	20. NO SCHOOL	21. Raisins (1/4c) Milk (1/2c)	22. WG Cheese (1/2 oz.) Crackers (4) Water	23.
24.	25. Banana (1/2c) Wheat Crackers (4) Water	26. WG Goldfish Crackers (1/2oz) Milk (1/2c)	27. NO SCHOOL	28. Baby Carrots (7) Ranch Dressing (1 T) Milk (1/2c)	29. Animal Crackers (8) Milk (1/2 c)	30.
31.						

Snack- Menu

2024

Menu subject to change

Nicholas Community Action Partnership, Inc. Head Start
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1 DAY

APRIL

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1. NO SCHOOL	2. NO SCHOOL	3. NO SCHOOL	4. NO SCHOOL	5. NO SCHOOL	6.
7.	8. Banana (1/2) Goldfish Crackers (1/2c) Water	9. Raisins (1/4c) Milk (1/2c)	10. NO SCHOOL	11. Carrots Sticks Veg Dip (T) Milk (1/2c)	12. Yogurt (1/4c) Grapes (1/2c) Water	13.
14.	15. Yogurt (1/4c) Grapes (1/2c) Water	16. Carrot Sticks(1/2c) Veggie Dip (1T) Peaches (1/2c) Water	17. NO SCHOOL	18. Raisins (1/4c) Milk (1/2c)	19. 2- HR Early Out	20.
21.	22. Cheese Slice (1) WG Crackers (4) Water	23. Carrots Sticks Veg Dip (T) Milk (1/2c)	24. NO SCHOOL	25. Pretzels (1/2c) Applesauce (1/2c) Water	26. Raisins (1/4c) Milk (1/2c)	27.
28.	29. Yogurt (1/4c) Grapes (1/2c) Water	30. Pretzel (1/2) Applesauce (1/2c) Water				

2024

Nicholas Community Action Partnership, Inc. Head Start
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4 DAY

MAY

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1. NO SCHOOL			
5.	6. Yogurt (1/4c) Banana (1/2) Water	7. Cheese (1/2oz) Crackers (4) Water	8. NO SCHOOL	9. Banana (1/2c) Wheat Crackers (4) Water	10. Fruit Salad (1/2c) Yogurt (1/4c) Water	11.
12.	13. Cheese (1/2oz) Crackers (4) Water	14. NO SCHOOL (Election Day)	15. NO SCHOOL	16. Raisins (1/4c) Milk (1/2c)	17. Carrot Sticks (1/2c) Veggie Dip (1T) Peaches (1/2c) Water	18.
19.	20. Banana (1/2c) Wheat Crackers (4) Water	21. Pretzels (1/2 oz) Milk (1/2c)	22. NO SCHOOL	23. String Cheese (1/2oz) Grapes (1/2c) Water	24. Cheese (1/2oz) Crackers (4) Water	25.
26.	27. NO SCHOOL (Memorial Day)	28.	29.	30.	31.	

2024

Snack- Menu

*All items subject to change

Nicholas Community Action Partnership, Inc. Head Start
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5-DAY

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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		1.	2.	3.	4.	5.
6.	7.	8.	9.	10.	11.	12.
13.	14.	15.	16.	17.	18.	19.
20.	21.	22.	23.	24.	25. Applesauce (1/2c) Pretzels (1/2c) Milk (1/2c)	26.
27.	28. Applesauce (1/2c) Pretzels (1/2c) Milk (1/2c)	29. Banana (1/2) Goldfish Crackers (1/2c) Water	30. Cheese Slice (1) WG Crackers (4) Water	31. Raisins 9(1/2c) Milk (1/2c)		

Snack Menu

*Menu subject to change

2023

Nicholas Community Action Partnership, Inc. Head Start
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5-DAY

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1. Raisins (1/4c) Milk (1/2c)	2.
3.	4. HOLIDAY	5. Broccoli (1/2c) Veg. Dip (1T) Milk (1/2c)	21. Cottage Cheese (4oz) Pineapple Tidbits (1/2c) Water	7. String Cheese (1) Apple Slices (1/2c) Water	8. Applesauce (1/2c) Pretzels (1/2c) Milk (1/2c)	9.
10.	11. Kwixi (1/2c) Pretzels (1/2c) Milk (1/2c)	12. Carrot Sticks (1/2c) Veg. Dip (1T) Milk (1/2c)	13. Grapes (1/2c) Pretzels (1/2c) Milk (1/2c)	14. Pretzels ((1/2c) Applesauce (1/2c) Milk (1/2c)	15. Raisins (1/4c) Milk (1/2c)	16.
17.	18. Banana (1/2) Goldfish Crackers (1/2c) Water	19. Grapes (1/2c) Pretzels (1/2c) Milk (1/2c)	20. Broccoli (1/2c) Veg. Dip (1T) Milk (1/2c)	21. Cottage Cheese (4oz) Pineapple Tidbits (1/2c) Water	22. String Cheese (1) Apple Slices (1/2c) Water	23.
24.	25. Pretzels ((1/2c) Applesauce (1/2c) Milk (1/2c)	26. Broccoli (1/2c) Veg. Dip (1T) Milk (1/2c)	27. Banana (1/2) Goldfish Crackers (1/2c) Water	28. Yogurt (4oz) Peaches (1/2c) Water	29. Cheese Slice (1) W/G Crackers (4) Water	30.

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Nicholas Community Action Partnership, Inc. Head Start
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5 DAY

OCTOBER

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1.	2.	3.	4.	5.	6.	7.
	9. Pretzels (1/2c) Applesauce (1/2c) Water	10. String cheese (1) Pears (1/2c) Water	11. Banana (½) Goldfish Crackers (1/2c) Water	12. Yogurt (4oz) Peaches(1/2c) Water	13. Faculty Senate (2-hr early release)	14.
8.						
15.	16. Yogurt (4oz) Peaches(1/2c) Water	17. Raisins (1/4c) Milk (1/2c).	18. Broccoli (1/2c) Veg dip (1T) Milk (1/2c)	19. Carrots Veg dip (1T) Milk (1/2c)	20. Pretzels (1/2c) Applesauce (1/2c) Water	21.
22.	23. String cheese (1) Pears (1/2c) Water.	24. Banana (½) Goldfish Crackers (1/2c) Water	25. NO SCHOOL	26. Raisins (1/4c) Milk (1/2c)	27. Yogurt (4oz) Peaches(1/2c) Water	28.
29.	30. Pretzels (1/2c) Applesauce (1/2c) Water	31. Broccoli (1/2c) Veg dip (1T) Milk (1/2c)				30

2023

Snack Menu

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5 DAY

NOVEMBER

5.	6. String Cheese (1) Apple Slices (1/2c) Water	7.Yogurt (4oz) Peaches(1/2c) Water	8. Cheese Slice (1) WG Crackers (4) Water	9. Raisins (1/4c) Milk (1/2c)	10. NO SCHOOL (Veterans Day)	11.	
12.	13 Cottage Cheese (4oz) pineapple tidbits (1/2c) Water	14 Pretzels (1/2 oz.) Milk (1/2c)	15 String Cheese (1) Apple Slices (1/2c) Water	16 NO SCHOOL	17 NO SCHHOL	18	
19	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25	
26	27. Kiwi (1/2c) Pretzels (1/2c) Milk (1/2c)	28. Yogurt (4oz) Peaches(1/2c) Water	29. Pretzels (1/2 oz.) Milk (1/2c)	30. Raisins (1/4c) Milk (1/2c)		30.	

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Nicholas Community Action Partnership, Inc. Head Start
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5 DAY

DECEMBER

Sun

Mon

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Fri

Sat

3.	4 Pretzel (1/2) Applesauce (1/2c) Water	5. WG Goldfish Crackers (1/2oz) Milk (1/2c)	6. Fruit Salad (1/2c) Yogurt (1/4c) Water	7. Cottage Cheese (1/4c) Pineapple Tidbits (1/2c)	8. Broccoli Florets (1/2c) Vegetable Dip (1T) Milk (1/2c)	1. Fruit Salad (1/2c) Yogurt (1/4c) Water	2.		
10.	11. WG Goldfish Crackers (1/2oz) Milk 9(1/2c)	12 Raisins 9(1/2c) Milk (1/2c)	13 Pretzel (1/2) Applesauce (1/2c) Water	14 Banana (1/2c) Wheat Crackers (4) Water	15 Fruit Salad (1/2c) Yogurt (1/4c) Water				
17	18 WG Goldfish Crackers (1/2oz) Milk (1/2c)	19 Pretzel (1/2) Applesauce (1/2c)	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL				
24.	25. NO SCHOOL	26. NO SCHOOL	27. NO SCHOOL	28. NO SCHOOL	29. NO SCHOOL				30.
31.									

2023

Nicholas Community Action Partnership, Inc. Head Start
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5 DAY

FEBRUARY

Sun Mon Tue Wed Thu Fri Sat

				1. Cottage cheese (4oz) Pineapple Tidbits (1/2c) Water	2. Raisins (1/4c) Milk (1/2c)	3.
4.	5. Yogurt (1/4c) Strawberries (1/2c) Water	6. Cheese Slices (1) WG Crackers (4) water	7. Animal Crackers (8) Milk (1/2 c)	8. Raisins (1/4c) Milk (1/2c)	9. 2 - HR EARLY RELEASE	10.
11.	12. Baby Carrots (7) Ranch Dressing (1 T) Milk (1/2c)	13. Apple Slices (1/2c) String Cheese (1) Water	14. Pretzels (1/2 c) Milk (1/2c)	15. Raisins (1/4c) Milk (1/2c)	16. Cheese (1/2 oz) Crackers (4) Water	17.
18.	19. Cheese Slices (1) WG Crackers (4) water	20. Cottage cheese (4oz) Pineapple Tidbits (1/2c) Water	21. Apple Slices (1/2c) String Cheese (1) Water	22. Animal Crackers (8) Milk (1/2 c)	23. Raisins (1/4c) Milk (1/2c)	24.
25.	26. Cheese (1/2 oz)Crackers (4) Water	27. Yogurt (1/4c) Strawberries (1/2c) Water	28. NO SCHOOL			

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5 DAY

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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					1. Animal Crackers (8) Milk (1/2 c)	2.
3. Apple Slices (1/2c) String Cheese (10) Water	4. Yogurt (1/4c) Bananas(1/2c) Water	5. Pretzel (1/2) Applesauce (1/2c) Water	6. Raisins (1/4c) Milk (1/2c)	7. Carrot Sticks(1/2c) Veggie Dip (1T) Milk (1/2c)	8. NO SCHOOL	9.
10. Raisins (1/4c) Milk (1/2c)	11. Pretzels (1/2 oz.) Milk (1/2c)	12. Cauliflower (7) Ranch Dressing (1 T) Milk (1/2c)	13. Raisins (1/4c) Milk (1/2c)	14. WG Cheese (1/2 oz.) Crackers (4) Water	15. NO SCHOOL	16.
17. Pretzels (1/2 oz.) Milk (1/2c)	18. Apple Slices (1/2c) String Cheese (1/2oz) Water	19. Raisins (1/4c) Milk (1/2c)	20. Baby Carrots (7) Ranch Dressing (1 T) Milk (1/2c)	21. WG Cheese (1/2 oz.) Crackers (4) Water	22. NO SCHOOL	23.
24. Banana (1/2c) Wheat Crackers (4) Water	25. WG Goldfish Crackers (1/2oz) Milk (1/2c)	26. Raisins (1/4c) Milk (1/2c)	27. Pretzel (1/2) Applesauce (1/2c) Water	28. NO SCHOOL	29.	30.
31.						

Snack- Menu

•Menu subject to change

2024

Nicholas Community Action Partnership, Inc. Head Start
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5 DAY APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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1.	NO SCHOOL	2.	NO SCHOOL	3.	NO SCHOOL	4.	NO SCHOOL	5.	NO SCHOOL	6.	NO SCHOOL		
7.	8. Banana (1/2c) Wheat Crackers (4) Water	9. Cheese Slice (1) WG Crackers (4) Water	10. Yogurt (1/4c) Grapes (1/2c) Water	11. Carrot Sticks(1/2c) Veggie Dip (1T) Peaches (1/2c) Water	12. Animal Crackers (8) Milk (1/2 c)	13.	14.	15. Yogurt (1/4c) Grapes (1/2c)	16. Carrot Sticks(1/2c) Veggie Dip (1T) Peaches (1/2c) Water	17. Animal Crackers (8) Milk (1/2 c)	18. Pretzel (1/2) Applesauce (1/2c) Water	19. 2- HR Early Out	20.
21.	22. Banana (1/2c) Wheat Crackers (4) Water	23. Cottage cheese (4oz) Peaches (1/2c) Water	24. NO SCHOOL	25. Animal Crackers (8) Milk (1/2 c)	26. Cheese Slice (1) WG Crackers (4) Water	27.	28.	29. Yogurt (1/4c) Grapes (1/2c) Water	30. Pretzel (1/2) Applesauce (1/2c) Water				

Nicholas Community Action Partnership, Inc. Head Start
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5 DAY

MAY

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1. String Cheese (1/2oz) Grapes (1/2c) Water	2. Cottage Cheese (1/4c) Pineapple Tidbits (1/2c) Water	3. Broccoli Florets (1/2c) Vegetable Dip (1T) Milk (1/2c)	4.
	6. Yogurt (1/4c) Banana (1/2) Water	7. WG Cheese (1/2oz) Crackers (4) Water	8. Pretzels (1/2 oz) Milk (1/2c)	9. Banana (1/2c) Wheat Crackers (4) Water	10. Fruit Salad (1/2c) Yogurt (1/4c) Water	11.
5.						
	13. Cheese (1/2oz) WG Crackers (4) Water	14. NO SCHOOL (Election Day)	15. Pretzel (1/2) Applesauce (1/2c) Water	16. Raisins (1/4c) Milk (1/2c)	17. Carrot Sticks (1/2c) Veggie Dip (1T) Peaches (1/2c) Water	18.
12.						
	20. Banana (1/2c) Wheat Crackers (4) Water	21. Pretzels (1/2 oz) Milk (1/2c)	22. Yogurt (1/4c) Strawberries (1/2c) Water	23. String Cheese (1/2oz) Grapes (1/2c) Water	24. WG Cheese (1/2oz) Crackers (4) Water	25.
19.						
	27. NO SCHOOL (MEMORIAL DAY)	28	29.	30.	31.	
26.						

2024

Snack- Menu

*Menu subject to change