



Discovery Isle Snack Menu

August 2023

	1 AM: Pancakes, fruit, milk PM: Cheez-Its, fruit, milk	2 AM: Yogurt, fruit, milk PM: Graham Crackers, fruit, milk	3 AM: Quesadillas, fruit, milk PM: Cereal, fruit, milk	4 AM: Waffles, fruit, milk PM: Ritz Crackers and sliced cheese, fruit, milk
7 AM: Pancakes, fruit, milk PM: Graham Crackers, fruit, milk	8 AM: Cereal, fruit, milk PM: Quesadillas, fruit, milk	9 AM: Pancakes, fruit, milk PM: Yogurt, fruit, milk	10 AM: Bagels and Cream cheese, fruit, milk PM: Ritz Crackers and sliced cheese, fruit, milk	11 AM: Quesadillas, fruit, milk PM: Animal Crackers, fruit, milk
14 AM: Ritz Crackers and sliced cheese, fruit, milk PM: Pancakes, fruit, milk	15 AM: Nilla Wafers, fruit, milk PM: Cereal, fruit, milk	16 AM: Cream cheese roll ups, Fruit, milk PM: Yogurt, fruit, milk	17 AM: Graham Crackers, fruit, milk PM: Cheez-Itz, fruit, milk	18 AM: Cereal, fruit, milk PM: Waffles, fruit, and milk
21 AM: Bagels with cream cheese, yogurt, fruit, milk PM: Quesadillas, fruit, milk	22 AM: Ritz Crackers and sliced cheese, fruit, milk PM: Cream Cheese Roll Ups, fruit, milk	23 AM: Quesadillas, fruit, milk PM: Animal crackers, fruit, milk	24 AM: Waffles, fruit, milk PM: Cereal, fruit, milk	25 AM: Nilla Wafers, fruit, milk PM: Ritz Crackers and slice Cheese, fruit, milk
28 AM: Yogurt, fruit, milk PM: Graham Crackers, fruit, milk	29 AM: Quesadillas, fruit, milk PM: Animal Crackers, fruit, milk	30 AM: Pancakes, fruit, milk PM: Cereal, fruit, milk	31 AM: Ritz Crackers and sliced cheese, fruit, milk PM: Yogurt, fruit, milk	

*Toddler and Infants will be given alternative choices such as applesauce, cheese or crackers for these items and will be given milk or water as a choice of beverage. Fresh Fruit will be cut into small bite sized pieces and consists of bananas, apples, pears or oranges and offered at all snacks.