



## NEW LEAF PREP ACADEMY

# Snack Menu

### Week 1

Day	Monday #1	Tuesday #2	Wednesday #3	Thursday #4	Friday #5
Morning Snack	Fresh cut vegetables with whole wheat crackers and seasonal dip	Organic string cheese served with seasonal trail mix	Organic Seasonal cheese board with fresh or dried fruit, low sodium nuts, & whole wheat crackers	Gluten-free hidden vegetable muffins served with fresh fruit	Build your own fresh fruit pizzas made on whole wheat bagels with whipped cream cheese
After School Snack	Build your own PB Quesadilla: PB on whole wheat tortillas served with fresh fruit	Organic yogurt parfait served with fresh fruit and organic graham crackers	Oven-baked whole wheat ranch crackers served with fresh fruit and organic cottage cheese	Organic corn tortilla chips served with organic salsa & fresh vegetables	Purely pickles served with whole wheat crackers and hummus

### Week 2

Day	Monday #6	Tuesday #7	Wednesday #8	Thursday #9	Friday #10
Morning Snack	Build your own banana roll up: Whole wheat tortilla, nut butter & banana	Student prepared rice cakes with seasonal toppings	Organic gluten-free sweet potato crackers served with fresh vegetables and hummus	Choice of fresh fruit served with whole wheat crackers and seasonal nut assortment	Student prepared fruit & organic yogurt parfaits with granola & seasonal topping
After School Snack	Fresh vegetables served with whole wheat crackers and homemade organic ranch	Organic string cheese with seasonal trail mix	Organic cinnamon graham crackers served with nut butter & fresh or dried fruit	Organic cottage cheese served with organic graham crackers & fresh or dried fruit	Build your own veggie bugs: fresh vegetables, dried fruit & seasonal toppings

Morning Snacks are prepared within the studio by each student and served with water. Snack is available from 9:30am-10:30am. Students are encouraged, but not required to eat snack.

Please see our daily schedule for lunch times based on studio. Organic 2% milk and water are provided with parent-provided cold lunch.

After School Snack is served at 3:30pm to students who are enrolled in After School Care. Snack is served with water. Students are encouraged, but not required to eat snack.