

# Holy Family Preschool & Childcare Center

7817 Old Auburn Road ~ Citrus Heights, Ca 95610

Phone (916) 722-4620

## SAMPLE SNACK MENU

(Available 18 months through Kindergarten students)

### Day One

AM Graham Crackers  
Apple Sauce  
Water

PM Raisin Bread  
Water

### Day Two

AM Muffin ( Bran or Banana)  
Water

PM Hawaiian Rolls w/jelly  
Water

### Day Three

AM Gogurts  
Water

PM Cheese Stick  
Water

### Day Four

AM Trail Mix  
Water

PM ½ Banana  
Water

### Day Five

AM Orange slices  
Water

PM Cheese Slice w/ Crackers  
Water