The Sand Castle

SNACK SCHEDULE FOR AUGUST 2026

	3	4	5	6	7
a.m.	String Cheese Apple Slices	Granola Bar Banana Slices	Dried Snap Peas Celery w/Ranch	Multigrain Chips Orange Slices	Seaweed Snacks Cantaloupe Cubes
p.m.	Pretzel Chips Grapes	Rice Cakes Fig Bar	Pirate's Booty Apple Slices	Dried Snap Peas Celery w/Ranch	Cheese Crackers Blueberries

	10	11	12	13	14
a.m.	Cheese Crackers Banana Slices	Granola Bar Kiwi Slices	SUMMER CELEBRATION	Multigrain Chips Orange Slices	Rice Cakes Pear Slices
p.m.	Graham Crackers Apple Slices	Seaweed Snacks Pear Slices		Dried Snap Peas Carrots w/Hummus	Fig Bar Grapes

	17	18	19	20	21
a.m.	String Cheese Apple Slices	Granola Bar Peach Slices	Dried Snap Peas Celery w/Ranch	Multigrain Chips Watermelon Cubes	Seaweed Snacks Blueberries
p.m.	Pretzel Chips Kiwi Slices	Rice Cakes Cantaloupe Cubes	Pirate's Booty Mango Slices	Cheese Crackers Grapes	Dried Snap Peas Carrots w/Hummus

	24	25	26	27	28
a.m.	Cheese Crackers Banana Slices	Granola Bar Kiwi Slices	Dried Snap Peas Celery w/Ranch	Multigrain Chips Pear Slices	Rice Cakes Nectarine Slices
p.m.	Graham Crackers Apple Slices	Seaweed Snacks Orange Slices	Pirate's Booty Pineapple Chunks	Dried Snap Peas Carrots w/Hummus	Fig Bar Grapes

	31				
a.m.	String Cheese Apple Slices				
p.m.	Pretzel Chips Grapes				

MINIMUM SERVING SIZES

Milk: 1/2 Cup
Veggies / Fruits: 1/4 Cup
Cheese: 1 oz.
Cereal: 1/4 Cup
Yogurt: 1/4 Cup

Menu is subject to change.
All fruit and dairy are organically sourced.