



# WHOLEKIDS

## — A C A D E M Y —

### WKA Snack Menu Fall 2021

|                         | <b><u>Monday</u></b>                              | <b><u>Tuesday</u></b>                       | <b><u>Wednesday</u></b>                         | <b><u>Thursday</u></b>                            | <b><u>Friday</u></b>                          |
|-------------------------|---|---|---|---|---|
| <b><u>Morning</u></b>   | Cereal & Milk<br>Mozzarella Cheese<br>Clementines | Scrambled Eggs<br>Cheddar Cheese<br>Raisins | Hard Boiled Eggs<br>Cottage Cheese<br>Pineapple | Oatmeal<br>Peanut Butter<br>Apples                | Yogurt<br>Granola<br>Bananas &<br>Cranberries |
| <b><u>Afternoon</u></b> | Peanut Butter<br>Rice Cake<br>Blueberries         | Hummus<br>Pita Bread<br>Cucumber slices     | Mozzarella Cheese<br>Pretzels<br>Apple Sauce    | Shredded Cheese<br>Wheat Tortilla<br>Strawberries | Smoothie<br>Pretzels<br>Carrots & Ranch       |

Please note, milk and water are served with snacks and lunch to all WKA children.  
Following the Code of Maryland Regulations, Infants and Toddlers under 2 years of age will be served whole milk,  
while children older than 2 will be served 2 percent fat or non-fat milk.

*WKA reserves the right to implement a nut/peanut free classroom for the safety of all children.*