




Growing Green September 2015 Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	I AM: Bagel w/cream cheese & Milk PM: Cheese w/ Crackers & Water	2 AM: Yogurt & Juice PM: Pretzels & Milk	3 AM: Toast w/ Butter & Milk PM: Seasonal Fruit & Milk	4 AM: Diced Pears & Milk PM: Cheddar Crackers & Milk
7 AM: Cereal & Milk PM: Veggies w/ Ranch Dip & Milk	8 AM: Yeast Rolls w/ honey & Milk PM: Veggie Straws & Milk	9 AM: Applesauce & Milk PM: Salsa w/ Chips & Milk	10 AM: Toast w/ Jelly & Milk PM: Seasonal Fruit & Milk	11 AM: Animal Crackers & Milk PM: Trail Mix & Milk
14 AM: Cereal & Milk PM: Bagel Pizzas & Milk	15 AM: Tropical Fruit & Milk PM: Goldfish Crackers & Milk	16 AM: Yogurt w/ Granola & Milk PM: Pretzels & Milk	17 AM: Cinnamon Toast & Milk PM: Seasonal Fruit & Milk	18 AM: Cereal & Milk PM: String Cheese w/ crackers & Milk
21 AM: Cereal & Milk PM: Carrots w/ Ranch Dip & Milk	22 AM: Peaches & Milk PM: Veggie Chips & Milk	23 AM: Bagel w/cream cheese & Milk PM: Animal Crackers & Milk	24 AM: Sun Butter on Bread & Milk PM: Seasonal Fruit & Milk	25 AM: Graham Crackers & Milk PM: Fruit Juice Pops & Crackers
28 AM: Cereal & Milk PM: Trail Mix & Milk	29 AM: Pineapple Chunks & Milk PM: Pita Chips & Milk	30 AM: Biscuits w/ jelly & Milk PM: Salsa w/ Chips & Milk		



Apple Snack Cake

Ingredients: 5 cups dice Apple/³/₄ cups Sugar/¹/₃ cups Vegetable Oil/2 individual beaten eggs/¹/₂ teaspoons Vanilla Extract/¹/₂ cups Flour-Whole Wheat/¹/₄ teaspoons Baking Soda/¹/₂ teaspoons Cinnamon

Grease a 9X13 baking pan.
Combine apples with sugar in a large bowl. Stir until evenly mixed, set aside. Combine oil, eggs, and vanilla in small bowl. In another large bowl, sift together flour, baking soda and cinnamon. Combine egg and flour mixtures until evenly mixed, then slowly add to apples. Stir until well combined then spread mixture evenly into prepared baking pan. Bake at 350 for 25-30 min. Cool before serving