

Monday

Tuesday

Wednesday

Thursday

Friday

TurtleRock

## April Snack Menu

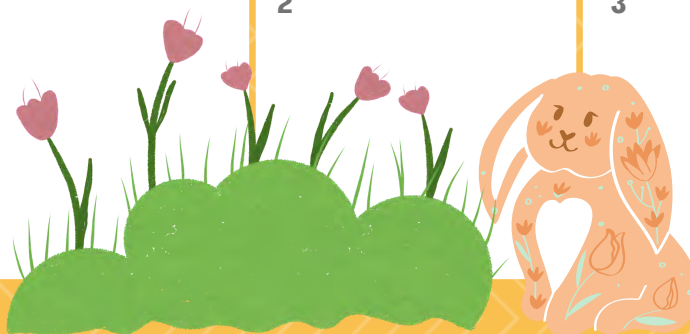
### Harvest of the Month



Avocados are excellent for toddlers because they're packed with essential nutrients and have no sodium, sugar, or cholesterol. They provide fiber for digestion, vitamin C for immunity, magnesium for muscles and bones, folate for cell growth, vitamin K for blood and bones, and healthy fats for brain development and cholesterol balance. Including avocados in a varied diet helps toddlers grow strong and healthy.



1	2	3	4	5
Spring Break & Staff Development				
8 <b>AM:</b> Bagel with Apple Butter & Kiwi  <b>PM:</b> Fresh Cut Pita Bread with Brown Sugar Dip	9 <b>AM:</b> Vanilla Yogurt with Mixed Berries & Granola  <b>PM:</b> Banana & Sun Butter Roll-Ups	10 <b>AM:</b> Vegetable Frittata & Orange Slices  <b>PM:</b> Strawberry Smoothie & Belvita Crackers	11 <b>AM:</b> Cheerios Cereal with Milk & Blueberries  <b>PM:</b> Avocado Dip & Tortilla Chips	12 <b>AM:</b> Cranberry and Orange Muffins & Red Apple Slices  <b>PM:</b> Mexican Fruit Salad & Graham Crackers
15 <b>AM:</b> Soyrito Egg Scramble with Tortilla & 100% Orange Juice  <b>PM:</b> Soft Pretzels with Honey Mustard	16 <b>AM:</b> Warm Maple Oatmeal & Strawberries  <b>PM:</b> Homemade Trail Mix & Baby Carrots	17 <b>AM:</b> Lemon Poppyseed Muffins & Green Apple Slices  <b>PM:</b> Low Fat Cottage Cheese & Pineapple Chunks	18 <b>AM:</b> French Toast Sticks & Banana  <b>PM:</b> Bagel Crackers with Hummus Dip	19 <b>AM:</b> KIX Cereal with Milk & Cantaloupe Slices  <b>PM:</b> Vietnamese Avocado Smoothie (Sinh To Bo) & Fig Bars
22 <b>AM:</b> Waffles with Turkey Bacon & Kiwi  <b>PM:</b> Earth Day "Chocolate Avocado Pudding" & Vanilla Wafers	23 <b>AM:</b> Hard Boiled Eggs & Blackberries  <b>PM:</b> Rice Cakes with Cream Cheese & Cherry Tomatoes	24 <b>AM:</b> Breakfast Bar & Green Grapes  <b>PM:</b> "Ants on a Log" (Sun Butter, Raisins, Celery Sticks)	25 <b>AM:</b> Butter Croissant with Berry Preserves  <b>PM:</b> Blue Corn Tortilla Chips with Bean Dip	26 <b>AM:</b> Cinnamon Life Cereal with Milk & Cuties  <b>PM:</b> Cheddar Cheese Puffs & Cucumber Sticks
29 <b>AM:</b> Rice Krispies Cereal with Milk & Banana  <b>PM:</b> Fig Bar & Red Grapes	30 <b>AM:</b> Avocado Toast on Sourdough Bread  <b>PM:</b> Cheddar Cheese Squares & Multigrain Crackers	1	2	3



# APRIL HARVEST OF THE MONTH *Avocado*

**Guac n' Roll!**



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