



# NEW LEAF PREP ACADEMY

## SNACK MENU

By: Chef Scott

WEEK ONE	WEEK TWO
<p><i>Monday</i> Apples &amp; peanut butter</p> <p><i>Tuesday</i> Whole-grain crackers &amp; cucumber slices</p> <p><i>Wednesday</i> Banana &amp; granola</p> <p><i>Thursday</i> Salsa and chips</p> <p><i>Friday</i> Trail mix (nut-free)</p>	<p><i>Monday</i> Yogurt and Granola</p> <p><i>Tuesday</i> Trail mix (nut-free)</p> <p><i>Wednesday</i> Carrots and Hummus</p> <p><i>Thursday</i> Cucumber slices &amp; ranch dip</p> <p><i>Friday</i> Apples and peanut butter</p>
WEEK THREE	WEEK FOUR
<p><i>Monday</i> Trail Mix (nut-free)</p> <p><i>Tuesday</i> Cheese &amp; whole grain crackers</p> <p><i>Wednesday</i> Guacamole and chips</p> <p><i>Thursday</i> Banana &amp; graham crackers</p> <p><i>Friday</i> Apples and peanut butter</p>	<p><i>Monday</i> Apples and peanut butter</p> <p><i>Tuesday</i> Carrot &amp; String cheese</p> <p><i>Wednesday</i> Trail mix (nut-free)</p> <p><i>Thursday</i> Whole-grain crackers &amp; cucumber slices</p> <p><i>Friday</i> Yogurt and granola</p>