



# July Snacks at Bear Creek

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Skate City <b>AM:</b> Oatmeal and Dried Fruit <b>PM:</b> Popcorn and Fruit Cups	2 <b>AM:</b> Muffins and Fruit Cups <b>PM:</b> Goldfish with String Cheese	3 FT: Downtown Aquarium <b>AM:</b> Graham Crackers with Fruit <b>PM:</b> Rice Cakes and Fruit	4 <b>RRCC SACC CLOSED</b>	5 <b>RRCC SACC CLOSED</b>
8 FT: Urban Farm <b>AM:</b> Nutri-Grain Bars with Cuties <b>PM:</b> Fig Bars and Veggies	9 <b>AM:</b> Muffins and Fruit Cups <b>PM:</b> Tortilla Chips with Guacamole and Veggies	10 FT: AMP <b>AM:</b> Cereal and Bananas <b>PM:</b> Pita Chips with Hummus and Cucumbers	11 <b>Raid the Fridge</b>	12 FT: Pool Day <b>AM:</b> Yogurt and Berries <b>PM:</b> Pretzels and Applesauce
15 FT: Dinosaur Ridge <b>AM:</b> Oatmeal with Berries <b>PM:</b> Rice Cakes and Fruit Cups	16 <b>AM:</b> Cereal with Berries <b>PM:</b> Fig Bars and Fruit	17 FT: Botanic Gardens Chatfield Farms <b>AM:</b> Yogurt with Muffins <b>PM:</b> Wheat Thins with Cheese and Carrots	18 <b>Raid the Fridge</b>	19 FT: Pool Day <b>AM:</b> Graham Crackers with Frozen Fruit Pops <b>PM:</b> Veggie Straws and String Cheese
22 FT: Tiny Town <b>AM:</b> Yogurt with Berries <b>PM:</b> Tortilla Chips with Salsa and Veggies	23 <b>AM:</b> Fig Bars with Fruit <b>PM:</b> Salad with Veggies, Croutons and Dressing	24 FT: Town Hall Arts Center <b>AM:</b> Muffins and Fruit Cups <b>PM:</b> Popcorn with String Cheese and Applesauce	25 <b>Raid the Fridge</b>	26 FT: Pool Day <b>AM:</b> Bagels and Cream Cheese with Dried Fruit <b>PM:</b> Goldfish and Fruit Leathers
29 FT: Butterfly Pavilion <b>AM:</b> Muffins and Fruit <b>PM:</b> Turkey and Cheese with Grapes	30 <b>AM:</b> Oatmeal and Berries <b>PM:</b> Pita Chips and Hummus with Veggies	31 FT: Warrior Challenge <b>AM:</b> Nutri-Grain Bars and Fruit <b>PM:</b> Rice Cakes and Fruit	1 <b>Raid the Fridge</b>	2 FT: Pool Day <b>AM:</b> Cereal and Bananas <b>PM:</b> Pretzels and Fruit Cups

## Program Information

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Snacks are served with milk and water.

