**Banwell Buddies Snack Menu**

Healthy snacks are provided midmorning and mid-afternoon each day.  The children sit in small groups around a table, supported by an adult.  This is an important time to support the development of commination, independence and to gain an awareness of healthy practices. We cater for all dietary needs.

**Sample Snack Menu**

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| --- | --- |
| **Week 1** | **Week 2** |
| **Monday**Unsalted pretzels and \*dried fruitWater or milk | **Monday**Sultanas and cheeseWater or milk |
| **Tuesday**Crackers with cheeseWater or milk | **Tuesday**Fresh fruit or veggies and wholemeal crackers,water or milk |
| **Wednesday**Fresh fruit or veggies and cheeseWater or milk | **Wednesday**Bananas and \*dried fruitWater or milk |
| **Thursday**Cucumber, bread sticks and grapesWater or milk | **Thursday**Wheat thins & \*dried fruitWater or milk |
| **Friday**Sweetcorn,apple and cerealWater or milk | **Friday**Tomatoes, rice biscuits and cheeseWater or milk |

\* dried fruit - apricots, raisins, mixed berries or cranberries

**Other snacks we provide are listed below:**

**Peppers**

**Pineapple**

**Carrots**

**Wholemeal toast**

**Kiwi**

**Oranges**

**Strawberries**

**Peaches**

**Plums**