

Little Luminaries Weekly Snack Menu

Day	Morning Snack	Afternoon Snack
Monday	Fresh apple slices with aged cheddar & organic multigrain crackers	Rainbow carrot sticks with creamy hummus & wholegrain pretzels
Tuesday	Banana-oat muffins made in-house with warm vanilla almond milk	Artisan cheese cubes with rosemary sea-salt crackers & sliced grapes
Wednesday	Greek yogurt parfait with local honey, berries & homemade granola	Cucumber boats with tzatziki dip & organic cheddar bites
Thursday	Cinnamon quinoa cookies paired with fresh orange wedges	Air-popped tricolor popcorn & a mango-strawberry smoothie
Friday	Brown rice cakes topped with natural sunflower butter & banana coins	Mini whole wheat pitas with smashed avocado & cherry tomato halves