

April, May, and June Morning Care and After Care Food Plans

April AC snacks:

Mon	Tues	Wed	Thurs	Fri
31 oranges or clementines	1 carrots and ranch	2 pretzels	3 apples	4 No school
7 Spring Break	8 Spring Break	9 Spring Break	10 Spring Break	11 Spring Break
14 oranges or clementines	15 carrots and ranch	16 pretzels	17 apples	18 string cheese
21 oranges or clementines	22 carrots and ranch	23 pretzels	24 apples	25 string cheese
28 oranges or clementines	29 carrots and ranch	30 pretzels	1 apples	2 string cheese

May AC snacks:

Mon	Tues	Wed	Thurs	Fri
5 oranges or clementines	6 carrots and ranch	7 pretzels	8 apples	9 No school
12 oranges or clementines	13 carrots and ranch	14 pretzels	15 apples	16 string cheese
19 oranges or clementines	20 carrots and ranch	21 pretzels	22 apples	23 string cheese
26 oranges or clementines	27 carrots and ranch	28 pretzels	29 apples	30 string cheese

June AC snacks:

2 oranges or clementines	3 carrots and ranch	4 pretzels	5 apples	6 string cheese
9 oranges or clementines				

Friday Regular Morning Care Baking

Each Friday, we will make one of the following recipes in Morning Care:

1. Pancakes from <http://www.food.com/recipe/5-minute-vegan-pancakes-132263>

Ingredients:

- flour
- sugar
- baking powder
- salt
- soy milk
- vegetable oil
- optional extras: bananas, apples

2. Apple banana muffins from

<http://vegetarian.about.com/od/breakfastrecipe1/r/applebanmuffins.htm>

Ingredients:

- flour
- baking powder
- cinnamon
- sugar
- apple juice
- apple
- banana