






**WILMINGTON HEAD START, INC.**  
[WWW.WILMHS.ORG](http://WWW.WILMHS.ORG)  
**SNACK MENU, MAY 2025**

MONDAY	TUES	WED	THUR	FRIDAY
			1 Water Banana Sushi Roll ½ cup	2 Water Apple slices ½ cup Baked chips
5 Water WGR Gramham crackers ½ oz grapes ½ cup	6 Water Strawberry Yogurt Parfait ¼ cup	7 Water Whole wheat bagel ½ oz Cream cheese 1/8 cup ½ Banana	8 Water Whole wheat Pretzels ½ oz Raspberries ½ cup	9 Water WGR English muffin w/ Fruit jelly ½ oz Diced pineapple cup
12 Water WGR Tortilla Chips Mango Salsa ½ cup	13 Water WGR Goldfish crackers ½ oz ½ Kiwi	14 Water WGR raisin bread w/butter ½ oz Apple sauce cup	15 Water WGR Chex Mix ½ oz Mixed fruit cup	16 
19 Water Cheez its ½ cup Watermelon ½ cup	20 Water Guacamole ½ cup WGR Corn Chips ½ oz	21 Water WGR animal crackers ½ oz Blueberries ½ cup	22 Water Pizza Party Dip ½ oz Sliced Bell peppers ½ cup	23 
26 	27 Water WGR raisin bread w/ Fruit jelly ½ oz Blackberries ½ cup	28 Water WGR corn chips ½ oz Strawberry fruit cup ½ cup	29 Water WGR bagel ½ oz Cream cheese Mixed fruit cup	30 Water Cheese cubes  WGR crackers ½ oz Grapes ½ cup