



# Snacks

**Mighty Fortress**

June 29 - July 2, 2026

9 am - Noon

**Theme Verse:** Finally, be strong in the Lord and in His mighty power. Put on the full armor of God so you can take your stand against the devils' schemes. Ephesians 6:10 – 11

## **Monday: Build Your Castle**

Graham Crackers, Marshmallows, pretzels, Juice pouch or bottled water

## **Tuesday: Flaming Arrow**

Bananas, apples, watermelon, Juice pouch or bottled water

## **Wednesday: Shields of Faith**

Sugar cookie, M&M, Frosting Juice pouch or bottled water

## **Thursday: Armor of God**

Cheese Stick, Pringles, Ritzcracker, Carrots, Red Licorice, Pretzel Sticks, Corn Chip, Juice pouch or bottled water

**A quick note about VBS snacks!** We will provide a gluten-free option each day. If your child has food allergies or is a picky eater, please send a named snack with them. To keep our day running smoothly, eating is reserved for our scheduled snack time. Water is always available throughout the morning, as long as it doesn't distract from the fun activities!