

## All Ages Snack Menu March 2019

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as following: All meals must include 2 of each component

12 months – 23 months – Unflavored Whole Milk 4oz, m/ma 1/2oz, fruit ½ c, vegetable 1/2c, grain ½ oz

24 months – 35 months – 1% unflavored milk 4oz, m/ma 1/2oz, fruit ½ c, vegetable 1/2c, grain ½ oz

3-5 Year Olds – 1% unflavored milk 6oz, m/ma 1/2oz, fruit ½ c, vegetable 1/2c, grain ½ oz

School Age – 1% unflavored milk 8oz, m/ma 1 oz, fruit ¾ c, vegetable ¾ c, grain 1 oz



Monday	Tuesday	Wednesday	Thursday	Friday
				March 1 ½ English Muffin SunButter
March 4 Animal Crackers Cucumbers	March 5 Celery Sticks Colby Jack Cheese	March 6 Cheddar Cheese Fresh Broccoli	March 7 Strawberry Yogurt Granola	March 8 Chex Mix Milk
March 11 Whole Wheat Crackers Sliced Turkey Ham	March 12 Goldfish Crackers Milk	March 13 String Cheese Cucumbers	March 14 Cheddar Cheese Wheat Crackers	March 15 Vanilla Yogurt Granola
March 18 ½ English Muffin SunButter	March 19 Celery Sticks Colby Jack Cheese	March 20 Animal Crackers Milk	March 21 Cheddar Cheese Wheat Crackers	March 22 Strawberry Yogurt Granola
March 25 Chex Mix Milk	March 26 Whole Wheat Crackers Sliced Turkey Ham	March 27 Goldfish Crackers Milk	March 28 Vanilla Yogurt Granola	March 29 String Cheese Cucumbers

WG = Whole Grain

Fruit options vary when in season all possible options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos

\*\*All Cereals contain no more than 6 grams of sugar per dry ounce\*\*

\*\*All Yogurt contains no more than 23 grams of sugar per 6 ounce serving\*\*