



All Ages Snack Menu April 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
April 1 ½ English Muffin SunButter	April 2 Animal Crackers Cucumbers	April 3 Craisins Colby Jack Cheese	April 4 Cheddar Cheese Diced Tomatoes	April 5 Strawberry Yogurt Granola
April 8 Chex Mix Milk	April 9 Whole Wheat Crackers Sliced Turkey Ham	April 10 Goldfish Crackers Milk	April 11 String Cheese Cucumbers	April 12 Cheddar Cheese Wheat Crackers
April 15 Vanilla Yogurt Granola	April 16 ½ English Muffin Sun Butter	April 17 Craisins Colby Jack Cheese	April 18 Strawberry Yogurt Granola	April 19 Cheddar Cheese Wheat Crackers
April 22 Animal Crackers Cucumbers	April 23 Chex Mix Milk	April 24 Whole Wheat Crackers Sliced Turkey Ham	April 25 Goldfish Crackers Milk	April 26 Vanilla Yogurt Granola
April 29 String Cheese Cucumbers	April 30 Cheddar Cheese Wheat Crackers			

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