

## All Ages Snack Menu May 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
		May 1 ½ English Muffin SunButter	May 2 Vanilla Yogurt Granola	May 3 Goldfish Raisins
May 6 Banana Muffin Milk	May 7 String Cheese Whole Wheat Crackers	May 8 Pita Bread Hummus	May 9 Chex Mix Milk	May 10 Whole Wheat Crackers Sliced Turkey
May 13 Apple Cinnamon Muffin Milk	May 14 Cheddar Cheese Whole Wheat Crackers	May 15 ½ Bagel w/ Butter String Cheese	May 16 Animal Crackers Milk	May 17 ½ English Muffin Sun Butter
May 20 Vanilla Yogurt Granola	May 21 Goldfish Raisins	May 22 Blueberry Muffin Milk	May 23 String Cheese Whole Wheat Crackers	May 24 Pita Bread Hummus
May 24 CLOSED	May 28 Chex Mix Milk	May 29 Whole Wheat Crackers Sliced Turkey	May 30 Cranberry Orange Muffin Milk	May 31 Cheddar Cheese Whole 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\*\*