



All Ages Snack Menu October 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
	October 1 Strawberry Graham Crackers Sliced Apples	October 2 WG Granola Apple Bites String Cheese	October 3 Whole Wheat Crackers Sliced Turkey	October 4 ½ English Muffin SunButter
October 7 Pretzel Nuggets Cheddar Cheese	October 8 Goldfish Milk	October 9 Colby Jack Cheese Animal Crackers	October 10 Cheez-its Milk	October 11 WG Veggie Crackers Cheddar Cheese
October 14 Strawberry Chex Mix Milk	October 15 Pita Bread Hummus	October 16 Yogurt Sliced Apples	October 17 WG Sun Chips Milk	October 18 Strawberry Graham Crackers Sliced Apples
October 21 WG Granola Apple Bites String Cheese	October 22 Whole Wheat Crackers Sliced Turkey	October 23 ½ English Muffin SunButter	October 24 Pretzel Nuggets Cheddar Cheese	October 25 Goldfish Milk
October 28 Colby Jack Cheese Animal Crackers	October 29 Cheez-its Milk	October 30 WG Veggie Crackers Cheddar Cheese	October 31 Pita Bread Hummus	

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