## 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 ½ c, grain 1 oz

Tuesday	Wednesday	Thursday	Friday
October 1	October 2	October 3	October 4
Strawberry Graham Crackers	WG Granola Apple Bites	Whole Wheat Crackers	½ English Muffin
Sliced Apples	String Cheese	Sliced Turkey	SunButter
October 8	October 9	October 10	October 11
Goldfish	Colby Jack Cheese	Cheez-its	WG Veggie Crackers
Milk	Animal Crackers	Milk	Cheddar Cheese
October 15	October 16	October 17	October 18
Pita Bread	Yogurt	WG Sun Chips	Strawberry Graham Crackers
Hummus	Sliced Apples	Milk	Sliced Apples
October 22	October 23	October 24	October 25
Whole Wheat Crackers	½ English Muffin	Pretzel Nuggets	Goldfish
Sliced Turkey	SunButter	Cheddar Cheese	Milk
October 29	October 30	October 31	
Cheez-its	WG Veggie Crackers	Pita Bread	
Milk	Cheddar Cheese	Hummus	
	October 1   Strawberry Graham Crackers   Sliced Apples   October 8   Goldfish   Milk   October 15   Pita Bread   Hummus   October 22   Whole Wheat Crackers   Sliced Turkey   October 29   Cheez-its	October 1 Strawberry Graham Crackers Sliced ApplesOctober 2 WG Granola Apple Bites String CheeseOctober 8 Goldfish MilkOctober 9 Colby Jack Cheese Animal CrackersOctober 15 Pita Bread HummusOctober 16 Yogurt Sliced ApplesOctober 22 Whole Wheat Crackers Sliced TurkeyOctober 23 ½ English Muffin SunButterOctober 29 Cotober 30 WG Veggie CrackersOctober 30 WG Veggie Crackers	October 1 Strawberry Graham Crackers Sliced ApplesOctober 2 WG Granola Apple Bites String CheeseOctober 3 Whole Wheat Crackers Sliced TurkeyOctober 8 Goldfish MilkOctober 9 Colby Jack Cheese Animal CrackersOctober 10 Cheez-its MilkOctober 15 Pita Bread HummusOctober 16 Yogurt Sliced ApplesOctober 17 WG Sun Chips MilkOctober 22 Whole Wheat CrackersOctober 23 ½ English Muffin Sliced TurkeyOctober 24 Pretzel Nuggets Chedar CheeseOctober 22 Whole Wheat CrackersOctober 23 ½ English Muffin SunButterOctober 24 Pretzel Nuggets Chedar CheeseOctober 29 Cheez-itsOctober 30 WG Veggie CrackersOctober 31 Pita Bread

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\*\*