



All Ages Snack Menu November 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
				November 1 Yogurt ½ English Muffin w/ Fruit Spread
November 4 WG Sun Chips Milk	November 5 Strawberry Graham Crackers Sliced Apples	November 6 WG Granola Apple Bites String Cheese	November 7 ½ English Muffin SunButter	November 8 Whole Wheat Crackers Sliced Turkey
November 11 Sliced Apples Whole Wheat Crackers	November 12 Goldfish String Cheese	November 13 Colby Jack Cheese Animal Crackers	November 14 Cheez-its Milk	November 15 Apple Graham Crackers Cheddar Cheese
November 18 Strawberry Chex Mix Milk	November 19 Pita Bread Sliced Cheddar Cheese	November 20 Yogurt ½ English Muffin w/ Fruit Spread	November 21 WG Sun Chips Milk	November 22 Strawberry Graham Crackers Sliced Apples
November 25 WG Granola Apple Bites String Cheese	November 26 Whole Wheat Crackers Sliced Turkey	November 27 ½ English Muffin SunButter	November 28 Happy Thanksgiving	November 29 Sliced Apples 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