



All Ages Snack Menu March 2020

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
March 2 Sweet Potato Crackers Fruit	March 3 ½ English Muffin Sunbutter	March 4 Sliced Deli Turkey WG Gold Fish	March 5 Soft Pretzel Cheese Sauce	March 6 Strawberry Chex Mix Milk
March 9 SunButter Veggies (Whole Wheat Crackers)	March 10 WG Sunchips Milk	March 11 Sweet Potato Crackers Fruit	March 12 ½ English Muffin Sunbutter	March 13 Sliced Deli Turkey Whole Grain Goldfish
March 16 Soft Pretzel Cheese Sauce	March 17 Strawberry Chex Mix Milk	March 18 SunButter Veggies (Whole Wheat Crackers)	March 19 WG Sun Chips Milk	March 20 Sweet Potato Crackers Fruit
March 23 ½ English Muffin Sunbutter	March 24 Sliced Deli Turkey WG Goldfish	March 25 Soft Pretzel Cheese Sauce	March 26 Strawberry Chex Mix Milk	March 27 SunButter Veggies (Whole Wheat Crackers)
March 30 WG Sun Chips Milk	March 31 Sweet Potato Crackers Fruit			

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