



All Ages Snack Menu September 2018

This institution is an equal opportunity provider.

Serving Sizes are as following: All meals must include 2 of each component

1-2 Year Olds – m/ma 1/2oz, fruit ½ c, vegetable 1/2c, grain ½ oz

3-5 Year Olds – m/ma 1/2oz, fruit ½ c, vegetable 1/2c, grain ½ oz

School Age – m/ma 1 oz, fruit ¾ c, vegetable ¾ c, grain 1 oz

Monday	Tuesday	Wednesday	Thursday	Friday
September 3	September 4 Pita Chips and Hummus	September 5 Cheddar Cheese and Wheat Crackers	September 6 Goldfish Pretzels and Fruit Cocktail	September 7 Fresh Fruit and Yogurt
September 10 WG Soft Pretzels and Cheese Sauce	September 11 Sun Butter and Strawberry Burrito	September 12 Fresh Veggies and Hummus	September 13 String Cheese and Cheez it Crackers	September 14 Chex Mix and Berry Applesauce
September 17 Graham Crackers and Sliced Apples	September 18 Fresh Veggies and Hummus	September 19 SunButter and Wheat Crackers	September 20 SunChips and Pears	September 21 Pita Chips and Hummus
September 24 Cheddar Cheese and Wheat Crackers	September 25 Goldfish Pretzels and Fruit Cocktail	September 26 Fresh Fruit and Yogurt	September 27 Soft Pretzel and Cheese Sauce	September 28 SunButter and Strawberry Burrito

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****