



## All Ages Snack Menu October 2018

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 Chex Mix Milk/Leche	October 2 String Cheese/ barritas de queso Wheat Crackers/Galletas Integrales	October 3 Cheez Its Milk/Leche	October 4 Vanilla Yogurt/ Yogurt de vainilla Granola	October 5 Animal Crackers/ Galletas en forma de animalitos Milk/Leche
October 8 Cheddar Cheese/ Queso Cheddar Wheat Crackers/ Galletas integrales	October 9 Graham Crackers/ Galletas Milk/Leche	October 10 Strawberry Yogurt/Yogurt de fresa Granola	October 11 Goldfish Crackers/ Galletas en forma de pescados Milk/Leche	October 12 Colby Jack Cheese/ Queso Jack Wheat Crackers/Galletas Integrales
October 15 Strawberry Chex Mix Milk/Leche	October 16 Strawberry Banana Crunch/Fresa Banano Crunch Yogurt/Yogurt Granola	October 17 Chex Mix Milk/Leche	October 18 String Cheese/ barritas de Queso Wheat Crackers/Galletas Integrales	October 19 Cheez-Its Milk/ Leche
October 22 Vanilla Yogurt/Yogurt de Vainilla Granola	October 23 Animal Crackers/ Galletas de forma de animalitos Milk/Leche	October 24 Cheddar Cheese/ Queso Cheddar Wheat Crackers/Galletas Integrales	October 25 Graham Crackers Milk/Leche	October 26 Strawberry Yogurt/Yogurt de fresa Granola
October 29 Goldfish Crackers/Galletas en forma de pescados Milk/Leche	October 30 Colby Jack Cheese/Queso Jack Wheat Crackers/Galletas Integrales	October 31 Strawberry Chex Mix/Fresa Chex Mix Milk/Leche		

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\*\*