



All Ages Snack Menu November 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
			November 1 String Cheese Wheat Crackers	November 2 Cheez-its Milk
November 5 Vanilla Yogurt Granola	November 6 Animal Crackers Milk	November 7 Cheddar Cheese Wheat Crackers	November 8 Graham Crackers Milk	November 9 Strawberry Yogurt Granola
November 12 Goldfish Crackers Milk	November 13 Colby Jack Cheese Wheat Crackers	November 14 Strawberry Chex Mix Milk	November 15 Strawberry Banana Crunch Yogurt Granola	November 16 Chex Mix Milk
November 19 String Cheese Wheat Crackers	November 20 Cheez-it Crackers Milk	November 21 Vanilla Yogurt Granola	Closed	November 23 Animal Crackers Milk
November 26 Cheddar Cheese Wheat Crackers	November 27 Graham Crackers Milk	November 28 Strawberry Yogurt Granola	November 29 Goldfish Crackers Milk	November 30 Colby Jack Cheese 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