

All Ages Snack Menu December 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
December 3 String Cheese Carrot Sticks	December 4 Cheez-Its Milk	December 5 Cheddar Cheese Sliced Turkey	December 6 Strawberry Yogurt Granola	December 7 ½ English Muffin SunButter
December 10 Graham Crackers Milk	December 11 Colby Jack Cheese Celery Sticks	December 12 Cheddar Cheese Fresh Broccoli	December 13 Strawberry Yogurt Granola	December 14 Strawberry Chex Mix Milk
December 17 Strawberry Yogurt Granola	December 18 Graham Crackers Milk	December 19 Cheddar Cheese Sliced Turkey Ham	December 20 Animal Crackers Milk	December 21 Vanilla Yogurt Granola
December 24 Strawberry Banana Yogurt Granola		December 26 Chex Mix Celery Sticks	December 27 Vanilla Yogurt Granola	December 28 Cheez It Crackers Carrot Sticks
December 31 Cheddar 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