



## All Ages Snack Menu January 2019

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
	January 1 CLOSED	January 2 Cheddar Cheese Whole Wheat Crackers	January 3 Vanilla Yogurt Granola	January 4 ½ English Muffin SunButter
January 7 Animal Crackers Milk	January 8 Celery Sticks Colby Jack Cheese	January 9 Cheddar Cheese Fresh Broccoli	January 10 Strawberry Yogurt Granola	January 11 Chex Mix Milk
January 14 Whole Wheat Crackers Sliced Turkey Ham	January 15 Goldfish Crackers Milk	January 16 String Cheese Cucumbers	January 17 Cheddar Cheese Wheat Crackers	January 18 Vanilla Yogurt Granola
January 21 ½ English Muffin SunButter	January 22 Celery Sticks Colby Jack Cheese	January 23 Animal Crackers Milk	January 24 Cheddar Cheese Fresh Broccoli	January 25 Strawberry Yogurt Granola
January 28 Chex Mix Milk	January 29 Whole Wheat Crackers Sliced Turkey Ham	January 30 Goldfish Crackers Milk	January 31 String Cheese Cucumbers	

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\*\*