



## All Ages Snack Menu February 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
				February 1 ½ English Muffin SunButter
February 4 Animal Crackers Milk	February 5 Celery Sticks Colby Jack Cheese	February 6 Cheddar Cheese Fresh Broccoli	February 7 Strawberry Yogurt Granola	February 8 Chex Mix Milk
February 11 Whole Wheat Crackers Sliced Turkey Ham	February 12 Goldfish Crackers Milk	February 13 String Cheese Cucumbers	February 14 Cheddar Cheese Wheat Crackers	February 15 Vanilla Yogurt Granola
February 18 ½ English Muffin SunButter	February 19 Celery Sticks Colby Jack Cheese	February 20 Animal Crackers Milk	February 21 Cheddar Cheese Fresh Broccoli	February 22 Strawberry Yogurt Granola
February 25 Chex Mix Milk	February 26 Whole Wheat Crackers Sliced Turkey Ham	February 27 Goldfish Crackers Milk	February 28 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\*\*