



Snack Menu

Month: Sample

Water available at all times 1% Milk provided at lunch Whole grain items indicated with an *asterisk*

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Applesauce and crackers*	Applesauce and crackers*	Applesauce and crackers*	Applesauce and crackers*	Applesauce and crackers*
Afternoon	Popcorn and cheese	Popcorn and cheese	Popcorn and cheese	Popcorn and cheese	Popcorn and cheese
Morning	Clementine and crackers*	Clementine and crackers*	Clementine and crackers*	Clementine and crackers*	Clementine and crackers*
Afternoon	Yogurt and blueberries	Yogurt and blueberries	Yogurt and blueberries	Yogurt and blueberries	Yogurt and blueberries
Morning	Multigrain Cheerios* and 1% milk with blueberries	Multigrain Cheerios* and 1% milk with blueberries	Multigrain Cheerios* and 1% milk with blueberries	Multigrain Cheerios* and 1% milk with blueberries	Multigrain Cheerios* and 1% milk with blueberries
Afternoon	Cherry tomatoes and cheese	Cherry tomatoes and cheese	Cherry tomatoes and cheese	Cherry tomatoes and cheese	Cherry tomatoes and cheese
Morning	Rice Chex with 1% milk and strawberries	Rice Chex with 1% milk and strawberries	Rice Chex with 1% milk and strawberries	Rice Chex with 1% milk and strawberries	Rice Chex with 1% milk and strawberries
Afternoon	Pineapple and crackers*	Pineapple and crackers*	Pineapple and crackers*	Pineapple and crackers*	Pineapple and crackers*