Snack Menu: October 2017

This institution is an equal opportunity provider. *Milk may be substituted for Apple Juice*

Monday		Tuesday		Wednesday		Thursday		Friday	
2 AM Apple Slices w/Sun butter Milk	PM Ranch Spikerz Crackers Apple Juice	3 AM Animal Crackers Milk	PM Cheese Stick Apple Juice	4 AM Cheez-its Milk	PM Fruit Bowl Diced Pears Milk	5 AM Ritz Crackers w/ Mild Cheddar Cheese Cubed Water	PM Pretzel Rods Apple Juice	6 AM Raspberry Yogurt Apple Juice	PM Cheez-its Milk
9 AM Fruit Bowl Diced Peaches Milk	PM Nacho Cheese Spikerz Crackers Apple Juice	10 AM Tortilla Chips Apple Juice	PM Strawberry Waffle Grahams Milk	11 AM Graham Crackers w/ Sun butter Milk	PM Blueberry Yogurt Apple Juice	12 AM Applesauce Milk	PM Wheat Thins Milk	13 AM Pretzel Wheels Apple Juice	PM Saltine Cheese Slice Water
16 AM Applesauce Milk	PM Strawberry Waffle Grahams Milk	17 AM Pretzel Wheels Apple Juice	PM Nacho Cheese Spikerz Crackers Apple Juice	18 AM Fruit Bowl Diced Peaches Milk	PM Saltine Cheese Slice Water	19 AM Tortilla Chips Apple Juice	PM Blueberry Yogurt Apple Juice	20 AM Graham Crackers w/ Sun butter Milk	PM Wheat Thins Milk
22 AM Apple Slices w/ Sun butter Milk	PM Apple Cinnamon Waffle Grahams Milk	23 AM Fruit Bowl Diced Pears Milk	PM Ritz Crackers w/ Colby Jack Cheese Cubes Water	24 AM Pretzel Goldfish Juice	PM Cherry Vanilla Yogurt Juice	25 AM Fruit Bowl Mandarin Oranges Milk	PM Ranch Spikerz Crackers Apple Juice	26 AM Saltines w/ Jelly Apple Juice	PM Goldfish WG Cracker Milk
29 AM Pretzel Goldfish Juice	PM Cherry Vanilla Yogurt Juice	30 AM Ritz Crackers w/ Colby Jack Cheese Cubes Water	PM Fruit Bowl Mandarin Oranges Milk	31 AM Fruit Bowl Diced Pears Milk	PM Apple Slices w/ Sun butter Milk	1 AM Saltines w/ Jelly Apple Juice	PM Apple Cinnamon Waffle Grahams Milk	2 AM Goldfish WG Cracker Milk	PM Ranch Spikerz Crackers Apple Juice

Snack	Ages 1-2	Ages 3-5	Ages 6+
Graham Crackers	2	2	4
Apple Sauce	1/2 c	1/2 c	3/4 c
Goldfish	10	10	20
Yogurt	1/2 c	3/4 c	1 c
Milk	1/2 c	1/2 c	1 c
Apple Juice	1/2 c	1/2 c	3/4 c

Snack	Ages 1-2	Ages 3-5	Ages 6+
Pretzels	5	5	10
Cheese Stick	1	1	1
Animal Crackers	5	5	9
Crackers- Wheat Thins	3	3	5

Snack	Ages 1-2	Ages 3-5	Ages 6+
Cheezits	10	10	20
Ritz Crackers	4	4	7
Saltines	4	4	8
Tortilla Chips	8	8	14
Peanut / Soy Butter	2 tbsp	3tbsp	4 tbsp