

February 2018 Evening Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Saltine Crackers Cheese Slice Water	2 Cheez-Its Milk
5 Blueberry Yogurt Apple Slices Water	6 (WG) Rice Chex Cereal Milk	7 Ritz Crackers String Cheese Water	8 Animal Crackers Milk	9 Pretzel Twists Mandarin Oranges Water
12 Graham Crackers Milk	13 Goldfish Milk	14 (WG) Cheerios Cereal Milk	15 Saltine Crackers w/ Sunflower Butter Water	16 Cheez-Its Milk
19 Ritz Crackers Cucumbers Water	20 Animal Crackers Milk	21 Pretzel Twists Mandarin Oranges Water	22 Chex Mix Milk	23 Blueberry Yogurt Apple Slices Water
26 Goldfish Milk	27 Pretzel Twists Sunflower Butter Water	28 Graham Crackers Milk		

Food Component	Minimum Serving Size: 1-2 years	Minimum Serving Size: 3-5 years	Minimum Serving Size: 6-12 years
Fluid Milk	4 fluid ounces	6 fluid ounces	8 fluid ounces
Meat/Meat Alternates	See meal pattern posted.	See meal pattern posted.	See meal pattern posted.
Vegetables	1/2 cup	1/2 cup	3/4 cup
Fruits	1/2 cup	1/2 cup	3/4 cup
Grains	1/2 slice or 1/4 cup	1/2 slice or 1/4 cup	1 slice or 1/2 cup

***Please utilize Snack Meal Pattern Sheet posted by menu in kitchen for additional information on serving sizes.**