

November 2018 Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Saltine Crackers w/ Sunflower Butter Water	2 Cheez-Its Milk
5 Ritz Crackers Cucumbers Water	6 Animal Crackers Milk	7 Pretzel Twists Mandarin Oranges Water	8 Chex Mix Milk	9 Blueberry Yogurt Apple Slices Water`
12 Goldfish Milk	13 Pretzel Twists Sunflower Butter Water	14 Graham Crackers Milk	15 Saltine Crackers Cheese Slice Water	16 Cheez-Its Milk
19 Blueberry Yogurt Apple Slices Water	20 Chex Mix Milk	21 Ritz Crackers String Cheese Water	22 Thanksgiving Day Center Closed	23 Day After Thanksgiving Center Closed
26 Graham Crackers Milk	27 Tortilla Chips Salsa 100% Juice	28 Goldfish Milk	29 Saltine Crackers w/ Sunflower Butter Water	30 Cheez-Its 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.**