

January 2019 Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Eve Center Closed	2 Pretzel Twists 100% Juice	3 Chex Mix Milk	4 Strawberry Yogurt Apple Slices Water
7 (WG) Goldfish Milk	8 Pretzel Twists Sunflower Butter Water	9 Graham Crackers Milk	10 Saltine Crackers Cheese Slice Water	11 Cheez-Its Milk
14 Strawberry Yogurt Apple Slices Water	15 Chex Mix Milk	16 Ritz Crackers String Cheese Water	17 Animal Crackers Milk	18 Pretzel Twists 100% Juice
21 Graham Crackers Milk	22 Tortilla Chips Salsa 100% Juice	23 (WG) Goldfish Milk	24 Saltine Crackers w/ Sunflower Butter Water	25 Cheez-Its Milk
28 Ritz Crackers Cucumbers Water	29 Animal Crackers Milk	30 Pretzel Twists 100% Juice	31 Chex Mix 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.**