

## June 2018 Snack Menu

| MONDAY   | TUESDAY   | WEDNESDAY                                    | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
|  |   |  |   | 1<br>Cheez-Its<br>Milk                          |
| 4<br>Blueberry Yogurt<br>Apple Slices<br>Water | 5<br>Chex Mix<br>Milk                             | 6<br>Ritz Crackers<br>String Cheese<br>Water | 7<br>Animal<br>Crackers<br>Milk                           | 8<br>Pretzel Twists<br>Cantaloupe<br>Water      |
| 11<br>Graham<br>Crackers<br>Milk               | 12<br>Tortilla Chips<br>Salsa<br>100% Juice       | 13<br>Goldfish<br>Milk                       | 14<br>Saltine Crackers<br>w/ Sunflower<br>Butter<br>Water | 15<br>Cheez-Its<br>Milk                         |
| 18<br>Ritz Crackers<br>Cucumbers<br>Water      | 19<br>Animal<br>Crackers<br>Milk                  | 20<br>Pretzel Twists<br>Cantaloupe<br>Water  | 21<br>Chex Mix<br>Milk                                    | 22<br>Blueberry Yogurt<br>Apple Slices<br>Water |
| 25<br>Goldfish<br>Milk                         | 26<br>Pretzel Twists<br>Sunflower Butter<br>Water | 27<br>Graham<br>Crackers<br>Milk             | 28<br>Saltine Crackers<br>Cheese Slice<br>Water           | 29<br>Cheez-Its<br>Milk                         |

| Food Component       | Minimum Serving Size:<br>1-2 years | Minimum Serving Size:<br>3-5 years | Minimum Serving Size:<br>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.**