

# August 2020



# Snack Menu

	Mon	Tues	Wed	Thurs	Fri	
WEEK 1	3 Goldfish Crackers Milk	4 Graham Crackers Juice	5 Pretzels Milk	6 Apples Milk	7 String Cheese Crackers Juice	<b>SUBSTITUTES:</b> Bread or Bread Alternative: (Breakfast: Bread or English Muffin, Cold Cereal, Muffin)(Lunch: Bread, Pasta, Rice, Noodles, Potatoes)  Canned Fruit: Peaches, Pears, Pineapple Chunks, Applesauce, Fruit Cocktail  Fruit Juice: Apple, Orange, Grape,; Fresh Fruit: Bananas, Apples, Oranges, or Seasonal Fruit  Meat/Meat Alternative can be: Chicken Nuggets or Chicken Patties, Fish Sticks, Hamburgers, Sandwiches
WEEK 2	10 Cheese Its Milk	11 Rice Cakes Juice	12 Animal Crackers Milk	13 Peaches Milk	14 Yogurt Juice	
WEEK 3	17 Goldfish Crackers Milk	18 Graham Crackers Juice	19 Pretzels Milk	20 Pears Milk	21 String Cheese Crackers Juice	
WEEK 4	24 Cheese Its Milk	25 Rice Cakes Juice	26 Animal Crackers Milk	27 Plums Milk	28 Yogurt Juice	
WEEK 5	31 Goldfish Crackers Milk					

Milk Serving Size: Toddlers: ½ Cup whole milk      3-5 Years: 6 oz. 1% milk