

Snack Menu - February 2010

Morning and Afternoon Snack



Week 1

02/01 (MONDAY)	02/02 (TUESDAY)	02/03 (WEDNESDAY)	02/04 (THURSDAY)	02/05 (FRIDAY)
Yogurt	Mandarin Oranges ($\frac{1}{2}$ cup)	Banana	Apple slices	Mini blueberry bagel
Raisins & cereal squares	Wheat Crackers	Pretzels (4)	Cheerios	Animal crackers

Week 2

02/08 (MONDAY)	02/09 (TUESDAY)	02/10 (WEDNESDAY)	02/11 (THURSDAY)	02/12 (FRIDAY)
Yogurt	Mandarin Oranges ($\frac{1}{2}$ cup)	Banana	Apple slices	Mini blueberry bagel
Raisins & cereal squares	Wheat Crackers	Cheerios	Pretzels (4)	Gold fish

Week 3

02/15 (MONDAY)	02/16 (TUESDAY)	02/17 (WEDNESDAY)	02/18 (THURSDAY)	02/19 (FRIDAY)
Yogurt	Mandarin Oranges ($\frac{1}{2}$ cup)	Banana	Apple slices	Mini blueberry bagel
Raisins & cereal squares	Wheat Crackers	Cheerios	Pretzels (4)	Gold fish

Week 4

02/22 (MONDAY)	02/23 (TUESDAY)	02/24 (WEDNESDAY)	02/25 (THURSDAY)	02/26 (FRIDAY)
Yogurt	Mandarin Oranges ($\frac{1}{2}$ cup)	Banana	Apple slices	Mini blueberry bagel
Raisins & cereal squares	Wheat Crackers	Cheerios	Pretzels (4)	Animal crackers

Note:

- * Whole wheat or whole grain bread or cereal products
- * Fresh fruit, frozen fruit, or fruit canned in natural juices or light syrup.
- * Since we are offering two snacks (morning and afternoon snack), one snack **must** offer milk or its calcium equivalent or at least during lunch.
- * These are **minimum** amounts. Children are able to have more, if desired.