

Snack Menu - March 2010

Morning and Afternoon Snack



Week 1

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

Week 2

03/08 (MONDAY)	03/09 (TUESDAY)	03/10 (WEDNESDAY)	03/11 (THURSDAY)	03/12 (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

03/15 (MONDAY)	03/16 (TUESDAY)	03/17 (WEDNESDAY)	03/18 (THURSDAY)	03/19 (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

03/22 (MONDAY)	03/23 (TUESDAY)	03/24 (WEDNESDAY)	03/25 (THURSDAY)	03/26 (FRIDAY)
Yogurt	Mandarin Oranges ($\frac{1}{2}$ cup)	Banana	Apple slices	Mini blueberry bagel
Raisins & cereal squares	Wheat Crackers	Cheerios	Pretzels (4)	Animal crackers

Week 5

03/29 (MONDAY)	03/30 (TUESDAY)	03/31 (WEDNESDAY)		
Yogurt	Mandarin Oranges ($\frac{1}{2}$ cup)	Banana		
Raisins & cereal squares	Wheat Crackers	Cheerios		

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.