



Snack Calendar (1/1/18-3/30/18)

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 January 1-5 February 5-9 March 12-16	a.m.	crackers, sliced cheese	graham crackers, milk	bananas, milk	bagels, cream cheese	applesauce, milk
	p.m.	seasonal fruit*, milk <i>5:00 whole grain cereal</i>	salad***, crackers <i>5:00 whole grain cereal</i>	string cheese, crackers <i>5:00 whole grain cereal</i>	Craisins**, milk <i>5:00 whole grain cereal</i>	veggie medley***, milk <i>5:00 whole grain cereal</i>
Week 2 January 8-12 February 12-16 March 19-23	a.m.	animal crackers, milk	bananas, milk	apple slices**, milk	yogurt, graham crackers	Fig Newtons, milk
	p.m.	salad***, crackers <i>5:00 whole grain cereal</i>	string cheese, crackers <i>5:00 whole grain cereal</i>	whole grain tortilla chips****, milk <i>5:00 whole grain cereal</i>	veggie medley***, crackers <i>5:00 whole grain cereal</i>	tortilla & cheese wraps <i>5:00 whole grain cereal</i>
Week 3 January 15-19 February 19-23 March 26-30	a.m.	string cheese, crackers	pretzels, milk	bananas, milk	Fig Newtons, milk	yogurt, graham crackers
	p.m.	apple slices**, milk <i>5:00 whole grain cereal</i>	salad***, crackers <i>5:00 whole grain cereal</i>	pudding, graham crackers <i>5:00 whole grain cereal</i>	veggie medley***, crackers <i>5:00 whole grain cereal</i>	whole grain tortilla chips****, milk <i>5:00 whole grain cereal</i>
Week 4 January 22-26 Feb. 26-Mar. 2	a.m.	cereal bars, milk	cheese crackers, milk	Craisins**, milk	seasonal fruit*, milk	pretzels, milk
	p.m.	veggie medley***, crackers <i>5:00 whole grain cereal</i>	bananas, milk <i>5:00 whole grain cereal</i>	whole grain tortilla chips****, milk <i>5:00 whole grain cereal</i>	string cheese, crackers <i>5:00 whole grain cereal</i>	salad***, crackers <i>5:00 whole grain cereal</i>
Week 5 January 29-Feb. 2 March 5-9	a.m.	string cheese, crackers	bagels, cream cheese	yogurt, graham crackers	apple slices**, milk	cereal bars, milk
	p.m.	seasonal fruit*, milk <i>5:00 whole grain cereal</i>	veggie medley***, milk <i>5:00 whole grain cereal</i>	bananas, milk <i>5:00 whole grain cereal</i>	pudding, graham crackers <i>5:00 whole grain cereal</i>	fruit cup, milk <i>5:00 whole grain cereal</i>

Notes:

- Two food groups are served at every snack.
- Hummingbirds/Chickadees (infants/toddlers) will receive an alternative/modified snack on the days as indicated: *fruit cup, **applesauce, ***steamed veggies. ****bagel & butter/cream cheese
- Seasonal Fruit Options: strawberries, Clementine's, grapes, watermelon, cantaloupe
- Veggie Medley Options: carrots, tomatoes, broccoli, cauliflower, snap peas

Notes:

- Water will be served when no beverage is indicated.
- An additional snack of Whole Grain Cheerios is provided for children daily at 5:00 p.m.
- Snack is served at 9:30 a.m., 3:15 p.m., and 5:00 p.m. (cereal)
- ELC monitors meals provided from home and supplements as necessary to ensure that children are receiving nutritious, balanced meals and snacks.