



# Snack Calendar (12/30/19-3/27/20)



		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> January 6-10 February 10-14 March 16-20	a.m.	whole grain crackers, sliced cheese	pretzel chips with hummus****, milk	bananas, milk	cereal bar, milk	veggie medley***, whole grain crackers
	p.m.	seasonal fruit, milk	carrots***, whole grain crackers	string cheese, whole grain crackers	Craisins*, milk	applesauce, milk
		5:00 graham crackers	5:00 graham crackers	5:00 graham crackers	5:00 graham crackers	5:00 graham crackers
<b>Week 2</b> January 13-17 February 17-21 March 23-27	a.m.	animal crackers, milk	string cheese, whole grain crackers	cereal, milk	tortilla & cheese wrap	veggie medley***, whole grain crackers
	p.m.	yogurt, graham crackers	bananas, milk	snap peas***, whole grain crackers	apple slices**, milk	cheese crackers, milk
		5:00 graham crackers	5:00 graham crackers	5:00 graham crackers	5:00 graham crackers	5:00 graham crackers
<b>Week 3</b> January 20-24 February 24-28	a.m.	pretzels, milk	bagel, cream cheese	bananas, milk	cereal bar, milk	string cheese, whole grain crackers
	p.m.	grape tomatoes***, whole grain crackers	seasonal fruit, milk	pudding, graham crackers	veggie medley***, whole grain crackers	pretzel chips with hummus****, milk
		5:00 graham crackers	5:00 graham crackers	5:00 graham crackers	5:00 graham crackers	5:00 graham crackers
<b>Week 4</b> January 27-31 March 2-6	a.m.	cereal, milk	yogurt, graham crackers	tortilla & cheese wrap	apple slices**, milk	veggie medley***, whole grain crackers
	p.m.	snap peas***, whole grain crackers	bananas, milk	Craisins*, milk	string cheese, whole grain crackers	applesauce, milk
		5:00 graham crackers	5:00 graham crackers	5:00 graham crackers	5:00 graham crackers	5:00 graham crackers
<b>Week 5</b> Dec. 30-Jan. 3 February 3-7 March 9-13	a.m.	string cheese, whole grain crackers	cereal bar, milk	bananas, milk	veggie medley***, whole grain crackers	bagel, cream cheese
	p.m.	seasonal fruit, milk	carrots***, whole grain crackers	yogurt, graham crackers	pretzel chips with hummus****, milk	fruit cup, milk
		5:00 graham crackers	5:00 graham crackers	5:00 graham crackers	5:00 graham crackers	5:00 graham crackers

**Notes:**

- 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 (children under two will receive a fruit cup), watermelon, cantaloupe.
- Veggie Medley Options: carrots, grape tomatoes, broccoli, cauliflower, snap peas. Served with ranch dressing upon request.
- Two food groups are served at every snack (water served when no beverage is indicated).
- Snack is served at 9:30 a.m., 3:15 p.m. An additional snack of graham crackers is provided for children daily at 5:00 p.m.
- ELC monitors meals provided from home and supplements as necessary to ensure that children are receiving nutritious, balanced meals and snacks.