



Snack Calendar (7/3/17-9/29/17)

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 July 10-14 August 14-18 Sept. 18-22	a.m.	applesauce, milk	graham crackers, milk	bananas, milk	bagels, cream cheese	crackers, sliced cheese
	p.m.	salad***, crackers 5:00 whole grain cereal	seasonal fruit*, milk 5:00 whole grain cereal	string cheese, crackers 5:00 whole grain cereal	Craisins**, milk 5:00 whole grain cereal	veggie medley***, milk 5:00 whole grain cereal
Week 2 July 17-21 August 21-25 Sept. 25-29	a.m.	string cheese, crackers	bananas, milk	whole grain tortilla chips****, milk	yogurt, graham crackers	tortilla & cheese wrap
	p.m.	seasonal fruit*, milk 5:00 whole grain cereal	animal crackers, milk 5:00 whole grain cereal	veggie medley***, crackers 5:00 whole grain cereal	apple slices**, milk 5:00 whole grain cereal	Fig Newtons, milk 5:00 whole grain cereal
Week 3 July 24-28 Aug. 28-Sept. 1	a.m.	pretzels, milk	string cheese, crackers	pudding, graham crackers	Fig Newtons, milk	veggie medley***, crackers
	p.m.	seasonal fruit*, milk 5:00 whole grain cereal	whole grain tortilla chips****, milk 5:00 whole grain cereal	bananas, milk 5:00 whole grain cereal	salad***, crackers 5:00 whole grain cereal	yogurt, graham crackers 5:00 whole grain cereal
Week 4 July 31-Aug. 4 Sept. 4-8	a.m.	cereal bar, milk	cheese crackers, milk	Craisins**, milk	seasonal fruit*, milk	pretzels, milk
	p.m.	apple slices**, milk 5:00 whole grain cereal	bananas, milk 5:00 whole grain cereal	whole grain tortilla chips****, milk 5:00 whole grain cereal	string cheese, crackers 5:00 whole grain cereal	salad***, crackers 5:00 whole grain cereal
Week 5 July 3-7 August 7-11 Sept. 11-15	a.m.	pudding, graham crackers	seasonal fruit*, milk	yogurt, graham crackers	fruit cup, milk	string cheese, crackers
	p.m.	veggie medley***, milk 5:00 whole grain cereal	bagels, cream cheese 5:00 whole grain cereal	bananas, milk 5:00 whole grain cereal	cereal bar, milk 5:00 whole grain cereal	apple slices**, milk 5:00 whole grain cereal

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
- 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.