



# Snack Calendar (10/2/17-12/29/17)



		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> October 23-27 Nov. 27-Dec.1	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
<b>Week 2</b> Oct. 30-Nov. 3 December 4-8	a.m.	string cheese, crackers	bananas, milk	apple slices**, milk	yogurt, graham crackers	Fig Newtons, milk
	p.m.	seasonal fruit*, milk 5:00 whole grain cereal	animal crackers, milk 5:00 whole grain cereal	whole grain tortilla chips****, milk 5:00 whole grain cereal	veggie medley***, crackers 5:00 whole grain cereal	tortilla & cheese wraps 5:00 whole grain cereal
<b>Week 3</b> October 2-6 November 6-10 December 11-15	a.m.	pretzels, milk	string cheese, crackers	bananas, milk	Fig Newtons, milk	yogurt, graham crackers
	p.m.	seasonal fruit*, milk 5:00 whole grain cereal	whole grain tortilla chips****, milk 5:00 whole grain cereal	pudding, graham crackers 5:00 whole grain cereal	salad***, crackers 5:00 whole grain cereal	veggie medley***, crackers 5:00 whole grain cereal
<b>Week 4</b> October 9-13 November 13-17 December 18-22	a.m.	cereal bars, 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
<b>Week 5</b> October 16-20 November 20-24 December 25-29	a.m.	string cheese, crackers	seasonal fruit*, milk	yogurt, graham crackers	fruit cups, milk	cereal bars, milk
	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	pudding, graham crackers 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/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.