



# Snack Calendar (10/1/18-12/28/18)



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> October 8-12 November 12-16 December 17-21	a.m. multi-grain crackers, sliced cheese	graham crackers, milk	string cheese, crackers	bagels, cream cheese	applesauce, milk
	p.m. seasonal fruit*, milk <i>5:00 whole grain cereal</i>	carrots***, crackers <i>5:00 whole grain cereal</i>	bananas, milk <i>5:00 whole grain cereal</i>	Craisins**, milk <i>5:00 whole grain cereal</i>	veggie medley***, crackers <i>5:00 whole grain cereal</i>
<b>Week 2</b> October 15-19 November 19-23 December 24-28	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***, milk <i>5:00 whole grain cereal</i>	tortilla & cheese wraps <i>5:00 whole grain cereal</i>
<b>Week 3</b> October 22-26 November 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>	grape tomatoes, 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>	pita chips****, milk <i>5:00 whole grain cereal</i>
<b>Week 4</b> October 29-Nov. 2 December 3-7	a.m. cereal bars, milk	cheese crackers, milk	Craisins**, milk	seasonal fruit*, milk	applesauce, 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>
<b>Week 5</b> October 1-5 November 5-9 December 10-14	a.m. string cheese, crackers	bagels, cream cheese	bananas, milk	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>	yogurt, graham crackers <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:**

- 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.
- Salad blend includes cabbage, carrots, romaine and iceberg lettuce.
- Two food groups are served at every snack.
- 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.