



Snack Calendar (12/31/18-3/29/19)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 January 21-25 Feb. 25-Mar. 1	a.m. multi-grain crackers, sliced cheese	graham crackers, milk	string cheese, crackers	bagels, cream cheese	applesauce, milk
	p.m. seasonal fruit*, milk 5:00 whole grain cereal	carrots***, crackers 5:00 whole grain cereal	bananas, milk 5:00 whole grain cereal	Craisins**, milk 5:00 whole grain cereal	veggie medley***, crackers 5:00 whole grain cereal
Week 2 January 28-Feb. 1 March 4-8	a.m. animal crackers, milk	bananas, milk	apple slices**, milk	yogurt, graham crackers	Fig Newtons, milk
	p.m. salad***, crackers 5:00 whole grain cereal	string cheese, crackers 5:00 whole grain cereal	whole grain tortilla chips****, milk 5:00 whole grain cereal	veggie medley***, milk 5:00 whole grain cereal	tortilla & cheese wraps 5:00 whole grain cereal
Week 3 December 31-Jan. 4 February 4-8 March 11-15	a.m. string cheese, crackers	pretzels, milk	bananas, milk	Fig Newtons, milk	yogurt, graham crackers
	p.m. apple slices**, milk 5:00 whole grain cereal	grape tomatoes, crackers 5:00 whole grain cereal	pudding, graham crackers 5:00 whole grain cereal	veggie medley***, crackers 5:00 whole grain cereal	pita chips****, milk 5:00 whole grain cereal
Week 4 January 7-11 February 11-15 March 18-22	a.m. cereal bars, milk	cheese crackers, milk	Craisins**, milk	seasonal fruit*, milk	applesauce, milk
	p.m. veggie medley***, crackers 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 January 14-18 February 18-22 March 25-29	a.m. string cheese, crackers	bagels, cream cheese	bananas, milk	apple slices**, milk	cereal bars, milk
	p.m. seasonal fruit*, milk 5:00 whole grain cereal	veggie medley***, milk 5:00 whole grain cereal	yogurt, graham crackers 5:00 whole grain cereal	pudding, graham crackers 5:00 whole grain cereal	fruit cup, milk 5:00 whole grain cereal

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.