

MONTHLY MORNING SNACK MENU Worksheet

AM SNACK MENU	MONDAY 10/24	TUESDAY 10/25	WEDNESDAY 10/26	THURSDAY 10/27	FRIDAY 10/28
Fluid Milk	Milk		Milk	Milk	Milk/Water
Protein		Sun Butter			
Fruit or Vegetable					Center Choice
Grain	Life Cereal	WW Toast	Goldfish	Wheat Thins	
Other		Water			
AM SNACK MENU	MONDAY 10/31	TUESDAY 11/1	WEDNESDAY 11/2	THURSDAY 11/3	FRIDAY 11/4
Fluid Milk	Milk	Milk	Milk		Milk/water
Protein				Yogurt	
Fruit or Vegetable		Canned Fruit			Center Choice
Grain	Cheerios		WW Raison Bread	Graham Crackers	
Other			Butter	Water	
AM SNACK MENU	MONDAY 11/7	TUESDAY 11/8	WEDNESDAY 11/9	THURSDAY 11/10	FRIDAY 11/11
Fluid Milk	Milk	Milk			Milk/water
Protein			Yogurt	Cream Cheese	
Fruit or Vegetable					Center Choice
Grain	Life Cereal	WW Toast	Animal Cracker	Whole Grain Bagel	
Other		Jelly	Water	Water	
AM SNACK MENU	MONDAY 11/14	TUESDAY 11/15	WEDNESDAY 11/16	THURSDAY 11/17	FRIDAY 11/18
Fluid Milk	Milk			Milk	Milk/water
Protein		Sun Butter	Cheese Stick		
Fruit or Vegetable				Applesauce	Center Choice
Grain	Cheerios	English Muffin	Goldfish	Pretzels	
Other		Water	Water		
AM SNACK MENU	MONDAY 11/21	TUESDAY 11/22	WEDNESDAY 11/23	THURSDAY 11/24	FRIDAY 11/25
Fluid Milk	Milk	Milk	Milk		
Protein				CENTER	CENTER
Fruit or Vegetable				CLOSED	CLOSED
Grain	Life Cereal	WW Toast	Blue Corn Chips		
Other		Jelly			

Snack Meal Pattern consists of any two of the following four components (They must be from two different components):

Fluid Milk T/PS: ½ cup	Vegetables and Fruits T/PS: ½ cup Must be vegetable(s) and/or fruit(s) T/PS: ½ cup <i>Any equivalent quantity of any combination of the above vegetables and fruits</i>	Grains/Breads T/PS: ● Bread: 1/2 slice ● Cornbread, biscuits, rolls, Muffins, 1/2 serving ● Cold dry cereal : T: 1/4 cup or 1/3 oz PS: 1/3 cup or 1/2 oz <i>Any equivalent quantity of any combination of the above grains and breads</i>	Proteins: T/PS: ● Cheese 1/2 oz ● Cottage Cheese: 1/8 cup ● Peanut Butter, soynut butter or other nut butters: 1 tbs ● Yogurt: 2 oz or 1/4 cup unsweetened or sweetened <i>Any equivalent quantity of any combination of the above proteins</i>
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MONTHLY AFTERNOON SNACK MENU Worksheet

PM SNACK MENU	MONDAY 10/24	TUESDAY 10/25	WEDNESDAY 10/26	THURSDAY 10/27	FRIDAY 10/28
Fluid Milk		Milk		Milk	Milk/Water
Protein	Cheese Cube		Hummus		
Fruit or Vegetable				Fresh Fruit	Center Choice
Grain	Multi Grain Crackers	Graham Crackers	Pita Chip		
Other	Water		Water		
PM SNACK MENU	MONDAY 10/31	TUESDAY 11/1	WEDNESDAY 11/2	THURSDAY 11/3	FRIDAY 11/4
Fluid Milk	Milk		Milk	Milk	Milk/water
Protein		Shredded Cheese			
Fruit or Vegetable				Veggies	Center Choice
Grain	Chex Mix	Taco Shell	Wheat Thins		
Other		Water		Low Fat Dip	
PM SNACK MENU	MONDAY 11/7	TUESDAY 11/8	WEDNESDAY 11/9	THURSDAY 11/10	FRIDAY 11/11
Fluid Milk		Milk	Milk		Milk/water
Protein				Hummus	
Fruit or Vegetable	Applesauce		Canned Fruit		Center Choice
Grain	Multi Grain Crackers	Chex Mix		Blue Corn Chips	
Other	Water			Water	
PM SNACK MENU	MONDAY 11/14	TUESDAY 11/15	WEDNESDAY 11/16	THURSDAY 11/17	FRIDAY 11/18
Fluid Milk	Milk		Milk	Milk	Milk/water
Protein					
Fruit or Vegetable		Canned Fruit			Center Choice
Grain	Animal Crackers		Raison Bread	Pita Chips	
Other		Water	Butter		
PM SNACK MENU	MONDAY 11/21	TUESDAY 11/22	WEDNESDAY 11/23	THURSDAY 11/24	FRIDAY 11/25
Fluid Milk		Milk			
Protein	Cheese Stick		Cream Cheese	CENTER	CENTER
Fruit or Vegetable		Veggies		CLOSED	CLOSED
Grain	Wheat Thins		Bagel		
Other		Low Fat Dip	Water		

Snack Meal Pattern consists of any two of the following four components (They must be from two different components):

Fluid Milk T/PS: ½ cup	Vegetables and Fruits T/PS: ½ cup Must be vegetable(s) and/or fruit(s) T/PS: ½ cup <i>Any equivalent quantity of any combination of the above vegetables and fruits</i>	Grains/Breads T/PS: ● Bread: 1/2 slice ● Cornbread, biscuits, rolls, Muffins, 1/2 serving ● Cold dry cereal : T: 1/4 cup or 1/3 oz PS: 1/3 cup or 1/2 oz <i>Any equivalent quantity of any combination of the above grains and breads</i>	Proteins: T/PS: ● Cheese 1/2 oz ● Cottage Cheese: 1/8 cup ● Peanut Butter, soynut butter or other nut butters: 1 tbsp ● Yogurt: 2 oz or 1/4 cup unsweetened or sweetened <i>Any equivalent quantity of any combination of the above proteins</i>
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