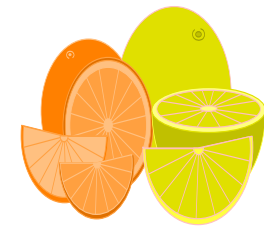


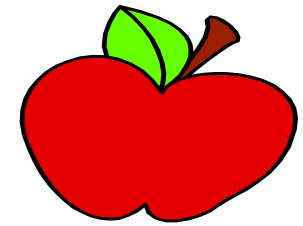
CHILD CARE SNACK MENU



WEEK #1

		MORNING			AFTERNOON			
DAYS	ITEMS	SERVING SIZE			ITEMS	SERVING SIZE		
		1-2yo	2-3yo	3-5yo		1-2yo	2-3yo	3-5yo
MONDAY	Cheerios	½ c	½ c	½ c	Fruit Yogurt	½ c	½ c	½ c
	2% Milk	½ c	½ c	¾ c	Cranberry Juice		½ c	½ c
					Apple Juice	½ c		
TUESDAY	English Muffin	½	½	½	Banana	½	1	1
	Jelly	1tsp.	1tsp.	1tsp.	2% Milk	½ c	½ c	¾ c
	Apple Juice	½ c	½ c	½ c				
WEDNESDAY	Apple		½	½	Oatmeal/Raisin Cookie	1	1	1
	2% Milk	½ c	½ c	¾ c	Apple Juice	½ c	½ c	½ c
THURSDAY	French Toast	½	1	1	Fruit Cocktail	½ c	½ c	½ c
	2% Milk	½ c	½ c	¾ c	2% Milk	½ c	½ c	¾ c
FRIDAY	Corn Muffin	½	½	½	Cottage Cheese	½ c	½ c	½ c
	Orange Juice		½ c	½ c	Pineapple Chunks	¼ c	¼ c	¼ c
	Apple Juice	½ c			Cranberry Juice		½ c	½ c
				Apple Juice	½ c			

CHILD CARE SNACK MENU

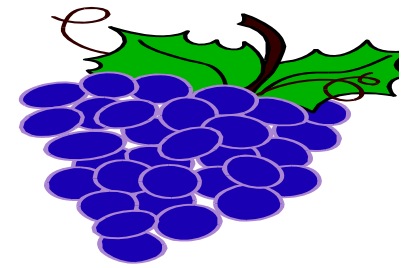


WEEK #2

		MORNING			AFTERNOON			
DAYS	ITEMS	SERVING SIZE			ITEMS	SERVING SIZE		
		1-2yo	2-3yo	3-5yo		1-2yo	2-3yo	3-5yo
MONDAY	WW Toast	½ sl	1sl	1sl	Applesauce	½ c	½ c	½ c
	Cheese	½ oz.	½ oz.	½ oz.	2% Milk	½ c	½ c	¾ c
	Orange Juice		½ c	½ c				
	Apple Juice	½ c						
TUESDAY	Mandarin Oranges	½ c	½ c	½ c	Tortilla *	½ sl	1sl	1sl
	2% Milk	½ c	½ c	¾ c	Cheese *	½ oz.	½ oz.	½ oz.
					Cranberry Juice		½ c	½ c
					Apple Juice	½ c		
WEDNESDAY	Apple Muffin	½	½	½	Grapes	½ c chopped	10	10
	Orange Juice		½ c	½ c	2% Milk	½ c	½ c	¾ c
	Apple Juice	½ c						
THURSDAY	Cheerios	½ c	½ c	½ c	Vanilla Pudding	½ c	½ c	½ c
	2% Milk	½ c	½ c	¾ c	Blueberries or Strawberries	½ c	½ c	½ c
					Cranberry Juice		½ c	½ c
					Apple Juice	½ c		
FRIDAY	Crackers	3	4	4	Carrots		4 Sticks	
	Cheese	½ oz.	½ oz	½ oz	Cucumber and Tomatoes	3 each	3 each	3 each
	Apple Juice	½ c	½ c	½ c	Dip	1 Tbs.	1 Tbs.	1 Tbs.
					2% Milk	½ c	½ c	¾ c

Special Notes: * Make cheese rolls by placing cheese on tortilla and rolling it, then cut into slices.

CHILD CARE SNACK MENU

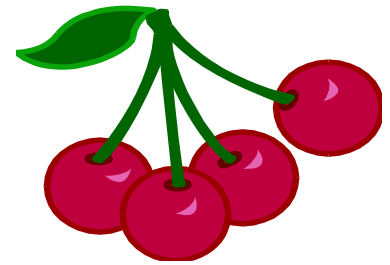


WEEK #3

		MORNING			AFTERNOON			
<i>DAYS</i>	<i>ITEMS</i>	<i>SERVING SIZE</i>			<i>ITEMS</i>	<i>SERVING SIZE</i>		
		1-2yo	2-3yo	3-5yo		1-2yo	2-3yo	3-5yo
MONDAY	Banana	½	1	1	Cinnamon Raisin Bagel	½	½	½
	2% Milk	½ c	½ c	¾ c	Cream Cheese	1tsp.	1tsp.	1tsp.
					Apple Juice	½ c	½ c	½ c
TUESDAY	Milk Crackers	2	3	3	English Muffin Pizza	1	1	1
	Cream Cheese	1 Tbs.			With Vegetables			
	Orange Juice		½ c	½ c	2% Milk	½ c	½ c	¾ c
	Apple Juice	½ c						
WEDNESDAY	Cheerios	½ c	½ c	½ c	Vanilla Ice Cream	½ c	½ c	½ c
	2% Milk	½ c	½ c	¾ c	Strawberries	¼ c	¼ c	¼ c
					Cranberry Juice		½ c	½ c
					Apple Juice	½ c		
THURSDAY	Fruit Yogurt	½ c	½ c	½ c	Cream Cheese	1 Tbs.	1 Tbs.	1 Tbs.
	Cranberry Juice		½ c	½ c	Jelly	1tsp.	1tsp.	1tsp.
	Apple Juice	½ c			WW Bread	½ sl	1 sl	1 sl
					2% Milk	½ c	½ c	¾ c
FRIDAY	Fig Newtons	2	3	3	Pretzels		½ c	½ c
	2% Milk	½ c	½ c	¾ c	Raisins and Cheerios	½ c		
					Orange Juice		½ c	½ c
					Apple Juice	½ c		

Special Notes: * Recipe: ½ english muffin, 2 TB sauce, ½ oz cheese and 1/4c vegetables (broccoli, mushrooms, peppers, tomatoes, etc.)

CHILD CARE SNACK MENU



WEEK #4

DAYS	MORNING				AFTERNOON			
	ITEMS	SERVING SIZE			ITEMS	SERVING SIZE		
		1-2yo	2-3yo	3-5yo		1-2yo	2-3yo	3-5yo
MONDAY	Blueberry Muffin	½	½	½	Frozen Peas	½ c	½ c	½ c
	Apple juice	½ c	½ c	½ c	Apple Juice	½ c	½ c	½ c
TUESDAY	Peaches	½ c	½ c	½ c	Graham Crackers	2	2	2
	2% Milk	½ c	½ c	¾ c	Jelly	1tsp.	1tsp.	1tsp.
					2% Milk	½ c	½ c	¾ c
WEDNESDAY	Raisin Toast	½ sl	1 sl	1 sl	Melon Chunks	½ c	½ c	½ c
	Orange Juice		½ c	½ c	2% Milk	½ c	½ c	¾ c
	Apple Juice	½ c						
THURSDAY	Banana bread	½ sl	1 sl	1 sl	Broccoli		¼ c	¼ c
	Apple Juice	½ c	½ c	½ c	Zucchini/Summer Squash	4 sl	4 sl	4 sl
					Dip	1 Tbs.	1 Tbs.	1 Tbs.
					2% Milk	½ c	½ c	¾ c
FRIDAY	Waffles	½	1	1	Oatmeal Cookie	1	1	1
	Strawberries	¼ c	¼ c	¼ c	2% Milk	½ c	½ c	¾ c
	Cranberry Juice		½ c	½ c				
	Apple Juice	½ c						