

March Snack Menu

2022

Monday	Tuesday	Wednesday	Thursday	Friday
28 AM Snack: Low sugar Cereal/Milk PM Snack: Natural Applesauce and Teddy Grahams	1 AM Snack: Low sugar Cereal/Milk PM Snack: Shredded carrots slices and ranch	2 AM Snack: Low sugar Cereal/Milk PM Snack: Apple Slices	3 AM Snack: Low sugar Cereal/Milk PM Snack: Bananas and vanilla wafers	4 AM Snack: Low sugar Cereal/Milk PM Snack: Cheese crumble and club crackers
7 AM Snack: Low sugar Cereal/Milk PM Snack: Turkey slices and American Cheese rollups	8 AM Snack: Low sugar Cereal/Milk PM Snack: Baked goldfish	9 AM Snack: Low sugar Cereal/Milk PM Snack: Peaches in juice and saltines	10 AM Snack: Low sugar Cereal/Milk PM Snack: Berry Apple Crisp Soft Baked bars	11 AM Snack: Low sugar Cereal/Milk PM Snack: Low Fat Yogurt and Graham Crackers
14 AM Snack: Low sugar Cereal/Milk PM Snack: Natural Applesauce and Teddy Grahams	15 AM Snack: Low sugar Cereal/Milk PM Snack: Cucumber slices and ranch	16 AM Snack: Low sugar Cereal/Milk PM Snack: Apple Slices	17 AM Snack: Low sugar Cereal/Milk PM Snack: Bananas and vanilla wafers	18 AM Snack: Low sugar Cereal/Milk PM Snack: Cheese crumble and club crackers
21 AM Snack: Low sugar Cereal/Milk PM Snack: Turkey slices and American Cheese rollups	22 AM Snack: Low sugar Cereal/Milk PM Snack: PB crackers	23 AM Snack: Low sugar Cereal/Milk PM Snack: Peaches in juice and saltines	24 AM Snack: Low sugar Cereal/Milk PM Snack: Cottage Cheese and Pineapple	25 AM Snack: Low sugar Cereal/Milk PM Snack: Low Fat Yogurt and Graham Crackers
28 AM Snack: Low sugar Cereal/Milk PM Snack: Natural Applesauce and Teddy Grahams	29 AM Snack: Low sugar Cereal/Milk PM Snack: Cucumber slices and ranch	30 AM Snack: Low sugar Cereal/Milk PM Snack: Apple Slices	31 AM Snack: Low sugar Cereal/Milk PM Snack: Bananas and vanilla wafers	

All changes to snack menu will be posted outside of each room and outside of the kitchen. All children over 12 months of age will be provided with vitamin A and D fortified milk at all meals and snacks unless otherwise indicated. All juice served is 100% fruit juice. Children between 12 and 24 months of age will be provided with whole milk. Older children will be provided with 1% milk. Special AM Snack: Whole wheat toast with peanut butter, butter and/or jelly. School Aged AM snack ends at 8:00am. PM school aged snack will be served when they return from public school. All other children and school aged children on full WOW days: AM Snack: 8:00am-8:30am. Lunch 11:30pm. PM Snack: 2:30pm

Special AM Snack: Wednesday-Toddler 1 & Toddler 2; Thursday-Pk 1 & PK 2; Friday- Explorers