

SAMPLE SNACK MENU		SEPTEMBER 2009			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	SEPTEMBER 1 AM: LIFE CEREAL, 1/3 C MILK, 1/2 C PM: OATMEAL RAISIN SNACK, 1 EA 100% WHITE GRAPE JUICE, 1/2 C	SEPTEMBER 2 AM: STRAWBERRY YOGURT, 1/2 C GRAHAM CRACKERS, 2 EA PM: MINI PRETZELS, 8 EA MILK, 1/2 C	SEPTEMBER 3 AM: TOASTIO'S CEREAL, 1/3 C MILK, 1/2 C PM: GOLDFISH, 1/3 C 100% CITRUS PUNCH / NO DYES, 1/2 C	SEPTEMBER 4 AM: BANANA BREAD, 1 SL MILK, 1/2 C PM: RICE CAKES, 3 EA 100% APPLE JUICE NO DYES, 1/2 C	
SEPTEMBER 7 AM: BLUEBERRY BREAD, 1 SL MILK, 1/2 C PM: BUTTER COOKIE, 1 EA 100% APPLE JUICE NO DYES, 1/2 C	SEPTEMBER 8 AM: GRAHAM CRACKERS, 2 EA MILK, 1/2 C PM: RITZ CRACKERS, 4 EA CHEDDAR CHEESE, 1 SL	SEPTEMBER 9 AM: PLAIN BAGEL, 1/2 EA W/ GRAPE JELLY MILK, 1/2 C PM: BREADSTICKS, 1 PKTS 100% CITRUS PUNCH / NO DYES, 1/2 C	SEPTEMBER 10 AM: CHEESE BISCUIT MILK, 1/2 C PM: VANILLA YOGURT BULK, 1/2 C FRESH BANANA, 1/2 EA	SEPTEMBER 11 AM: MINI PRETZELS, 8 EA MILK, 1/2 C PM: GRAHAM CRACKERS, 2 EA ORANGE WEDGES, 4 C	
SEPTEMBER 14 AM: GRAHAM CRACKERS, 2 EA MILK, 1/2 C PM: STRING CHEESE, 1 EA 100% APPLE JUICE NO DYES	SEPTEMBER 15 AM: BLUEBERRY BREAD, 1 SL MILK, 1 PKTS PM: RITZ CRACKERS, 4 EA AMERICAN CHEESE, 1 SL	SEPTEMBER 16 AM: TOASTIO'S CEREAL, 1/3 C MILK, 1/2 C PM: MULTIGRAIN SUN CHIPS 1/2 BAG EA, 1/2 EA FRESH ORANGE WEDGES, 4 PCS	SEPTEMBER 17 AM: STRAWBERRY YOGURT, 1/2 C GRAHAM CRACKERS, 2 EA PM: OATMEAL RAISIN SNACK, 1 EA MILK, 1/2 C	SEPTEMBER 18 AM: CEREAL TRAIL MIX, 1/3 C MILK, 1/2 C PM: BABY CARROTS, 1/2 C W/ RANCH DIP RITZ CRACKERS, 4 EA	
SEPTEMBER 21 AM: GRAHAM CRACKERS, 2 EA MILK, 1/2 C PM: WHEATSWORTH CRACKERS, 3 EA 100% CITRUS PUNCH / NO DYES, 1/2 C	SEPTEMBER 22 AM: ENGLISH MUFFIN, 1/2 EA W/ GRAPE JELLY MILK, 1/2 C PM: MINI PRETZELS, 8 EA 100% WHITE GRAPE JUICE, 1/2 C	SEPTEMBER 23 AM: CORN FLAKES, 1/3 C MILK, 1/2 C PM: APPLE WEDGES, 4 PCS CHEDDAR CHEESE, 1 SL	SEPTEMBER 24 AM: RAISIN BREAD, 1/2 SL MILK, 1/2 C PM: GRAHAM CRACKERS, 2 EA 100% APPLE JUICE NO DYES, 1/2 C	SEPTEMBER 25 AM: TOASTIO'S CEREAL, 1/3 C MILK, 1/2 C PM: GOLDFISH, 1/3 C 100% WHITE GRAPE JUICE, 1/2 C	
SEPTEMBER 28 AM: FRENCH TOAST STICKS, 2 EA W/ SYRUP MILK, 1/2 C PM: RITZ CRACKERS, 4 EA CHEDDAR CHEESE, 1 SL	SEPTEMBER 29 AM: LIFE CEREAL, 1/3 C MILK, 1/2 C PM: OATMEAL RAISIN SNACK, 1 EA 100% WHITE GRAPE JUICE, 1/2 C	SEPTEMBER 30 AM: STRAWBERRY YOGURT, 1/2 C GRAHAM CRACKERS, 2 EA PM: MINI PRETZELS, 8 EA MILK, 1/2 C			

Portions meet CACFP requirements for 3 to 5 year olds. All alternates discussed on an individual basis as needed.
 Specializing in Day Care and School Lunch Programs and Business and Office Luncheons
 6 oz milk required with each meal