

WEEKLY BREAKFAST & SNACK MENU



		Monday	Tuesday	Wednesday	Thursday	Friday
Ages 1-2	AM 8.30 - 9:00	Yogurt (1/4 cup) Granola (1/8 cup) Strawberries (1/4 cup) Milk (4 fl. oz.)	Cream cheese & jam on whole- grain toast (1/2 slice) Strawberries (1/4 cup) Milk (4 fl. oz.)	Multi-grain Cheerios (1/4 cup) Oranges (1/4 cup) Milk (4 fl. oz.)	Cream cheese & jam on whole- grain toast (1/2 slice) Bananas (1/4 cup) Milk (4 fl. oz.)	Multi-grain Cheerios (1/4 cup) Oranges (1/4 cup) Milk (4 fl. oz.)
	PM 3.30 - 4:00	Deli turkey (1/2 ounce) String cheese (1/2 ounce) Baby carrots (1/2 cup)	Apples (1/2 cup) Baby carrots (1/2 cup) Hummus (1 Tbsp)	Bananas (1/2 cup) Pretzels (1/2 serving) Almond Butter (1 Tbsp)	String cheese (1/2 ounce) Cashews (1/2 ounce) Craisins (1/4 cup)	Veggie chips (1/4 cup) Apples (1/2 cup)
Ages 3-5	AM 8.30 - 9:00	Yogurt (1/4 cup) Granola (1/8 cup) Strawberries (1/2 cup) Milk (6 fl. oz.)	Cream cheese & jam on whole- grain toast (1/2 slice) Strawberries (1/2 cup) Milk (6 fl. oz.)	Multi-grain Cheerios (1/4 cup) Oranges (1/2 cup) Milk (6 fl. oz.)	Cream cheese & jam on whole- grain toast (1/2 slice) Bananas (1/2 cup) Milk (6 fl. oz.)	Multi-grain Cheerios (1/4 cup) Oranges (1/2 cup) Milk (6 fl. oz.)
	PM 3.30 - 4:00	Deli turkey (1/2 ounce) String cheese (1/2 ounce) Baby carrots (1/2 cup)	Apples (1/2 cup) Baby carrots (1/2 cup) Hummus (1 Tbsp)	Bananas (1/2 cup) Pretzels (1/2 serving) Almond Butter (1 Tbsp)	String cheese (1/2 ounce) Cashews (1/2 ounce) Craisins (1/4 cup)	Veggie chips (1/4 cup) Apples (1/2 cup)
School Age 6-10	AM 8.30 - 9:00	Yogurt (1/2 cup) Granola (1/4 cup) Strawberries (1/2 cup) Milk (8 fl. oz.)	Cream cheese & jam on whole- grain toast (1 slice) Strawberries (1/2 cup) Milk (8 fl. oz.)	Multi-grain Cheerios (1/2 cup) Oranges (1/2 cup) Milk (8 fl. oz.)	Cream cheese & jam on whole- grain toast (1 slice) Bananas (1/2 cup) Milk (8 fl. oz.)	Multi-grain Cheerios (1/2 cup) Oranges (1/2 cup) Milk (8 fl. oz.)
	PM 3.30 - 4:00	Deli turkey (1 ounce) String cheese (1 ounce) Baby carrots (3/4 cup)	Apples (3/4 cup) Baby carrots (3/4 cup) Hummus (2 Tbsp)	Bananas (3/4 cup) Pretzels (1/2 serving) Almond Butter (2 Tbsp)	String cheese (1 ounce) Cashews (1/8 cup) Craisins (1/4 cup)	Veggie chips (1/4 cup) Apples (3/4 cup)