

# WEEKLY BREAKFAST & SNACK MENU

		Monday	Tuesday	Wednesday	Thursday	Friday
Ages 1-2	AM 9:00 - 9:30	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)  Cherry tomatoes (1/4 cup)	Apples (1/2 cup)  Cherry tomatoes (1/2 cup)  Cucumbers (1/4 cup)	Bananas (1/2 cup)  Pretzels (1/2 serving)  Grapes (1/4 cup)	String cheese (1/2 ounce)  Pretzels (1/2 ounce)  Grapes (1/4 cup)	Veggie chips (1/4 cup)  Apples (1/2 cup)  Cucumbers (1/4 cup)
Ages 3-5	AM 9:00- 9:30	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)  Cherry tomatoes (1/2 cup)	Apples (1/2 cup)  Cherry tomatoes (1/2 cup)  Cucumbers (1/2 cup)	Bananas (1/2 cup)  Pretzels (1/2 serving)  Grapes (1/2 cup)	String cheese (1/2 ounce)  Pretzels (1/2 ounce)  Grapes (1/2 cup)	Veggie chips (1/4 cup)  Apples (1/2 cup)  Cucumbers (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)  Cherry tomatoes (3/4 cup)	Apples (3/4 cup)  Cherry tomatoes (3/4 cup)  Cucumbers (3/4 cup)	Bananas (3/4 cup)  Pretzels (1/2 serving)  Grapes (3/4 cup)	String cheese (1 ounce)  Pretzels (1/8 cup)  Grapes (3/4 cup)	Veggie chips (1/4 cup)  Apples (3/4 cup)  Cucumbers (3/4 cup)