



# January 2020 Snack Menu



	Mon	Tue	Wed	Thu	Fri
<b>AM</b>			<b>CENTER CLOSED</b> <b>Happy New Year!</b>	Applesauce & Crackers	Cheerios w/ Milk
<b>PM</b>				Vanilla Wafers w/Milk	Goldfish & Raisins
<b>AM</b>	Yogurt & Crackers	French Toast Sticks w/ Milk	Chex Cereal w/Milk	English Muffins w/ Jelly	Nutri-Grain Bars w/ Milk
<b>PM</b>	Trail Mix w/ Milk	Cheese Quesadillas	Apple Slices & Crackers	Mandarin Oranges & Graham Crackers	Pineapples & Crackers
<b>AM</b>	Cheerios w/ Milk	Scrambled Eggs	Cinnamon Toast	Mandarin Oranges & Graham Crackers	Life Cereal w/ Milk
<b>PM</b>	Cheese Sticks & Apple Slices	Vanilla Wafers w/Milk	Goldfish w/ Milk	Pretzels & Raisins	Applesauce & Crackers
<b>AM</b>	<b>CENTER CLOSED</b> <b>MLK Jr. DAY</b>	Chex Cereal w/ Milk	Yogurt & Apple Slices	Blueberry Muffins w/ Milk	Nutri-Grain Bars w/ Milk
<b>PM</b>		Graham Crackers & Apple Slices	Vanilla Wafers w/Milk	Chips & Cheese Sauce	Oranges & Crackers
<b>AM</b>	Life Cereal w/ Milk	Bagel w/ Cream Cheese	Cheerios w/ Milk	Pancakes w/ Milk	Pears & Crackers
<b>PM</b>	Goldfish & Raisins	Pretzels & Cheese Sticks	Applesauce & Crackers	Corn Muffin w/ Milk	Trail Mix w/ Milk

## MSDE & CACFP- Meal Requirements

Snack- Choose 2	Ages 1-2	Ages 3-5
Fluid Milk	1/2 Cup	3/4 Cup
Fruit or Veggie	1/4 Cup	1/2 Cup
Bread, Bread Alt. or Cereal	1/2 Slice/ 1/3 oz.	1/2 Slice/ 1/2 oz.
Meat or Meal Alt.	1/2 oz.	1/2 oz.



Allergy Options: Applesauce (AM) & Pretzels (PM)  
Water is Offered With Every Meal

**\*\*SNACKS ARE SUBJECT TO CHANGE\*\***