




July 2021 Snack Menu



	Mon	Tue	Wed	Thu	Fri
AM				1 Pancake w/Blueberries	2 Toast w/ Jelly
PM				Applesauce w/ Graham Crackers	Peaches w/ Crackers
AM	CENTER CLOSED Happy Independence Day!	6 Fruit Granola w/ Milk	7 Waffles w/ Syrup	8 Cinnamon Toast w/ Milk	9 Chex Cereal w/ Milk
PM		Yogurt & Graham Crackers	Trail Mix w/ Milk	Mandarin Oranges & Crackers	Chips w/ Cheese Sauce
AM	12 Cheerios w/ Milk	13 English Muffin w/ Jelly	14 Nutra-grain Bars w Milk	15 Blueberry Muffin w/ Milk	16 Life Cereal w/ Milk
PM	Goldfish & Raisins	Yogurt & Graham Crackers	Cucumbers w/ Ranch Dressing	Pears & Crackers	Vanilla Wafers w/ Milk
AM	19 Nutra -grain Bars w/ Milk	20 Scrambled Eggs w/ Cheese	21 Chex Cereal w/ Milk	22 Toast w/Apple Butter	23 Yogurt w/ Fruit Granola
PM	Applesauce & Crackers	Breadsticks w/ Hummus	Cheese Quesadillas	Animal Crackers w/ Milk	Pears & Crackers
AM	26 Chex Cereal w/ Milk	27 French Toast Sticks w/ Milk	28 Corn Muffins w/ Milk	29 Cheese Toast w/ Milk	30 Life Cereal w/ Milk
PM	Chips w/Cheese Sauce	Peaches & Crackers	Yogurt w/ Graham Crackers	Vanilla Wafer w/ Milk	Pretzels & Hummus

MSDE & CACFP- Meal Requirements

Snack- Choose 2	Ages 1-2	Ages 3-5
Fluid Milk	4 fluid oz.	6 fluid oz
Fruit or Veggie	1/4 Cup	1/2 Cup
Bread, Bread Alt. or Cereal	1/2 Slice or 1/2 Cup	1/2 Slice or 1/2 cup
Meat or Meal Alt.	1 oz.	1 1/2 oz.



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

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