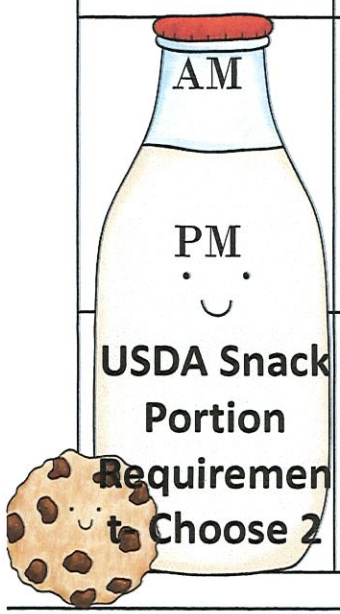
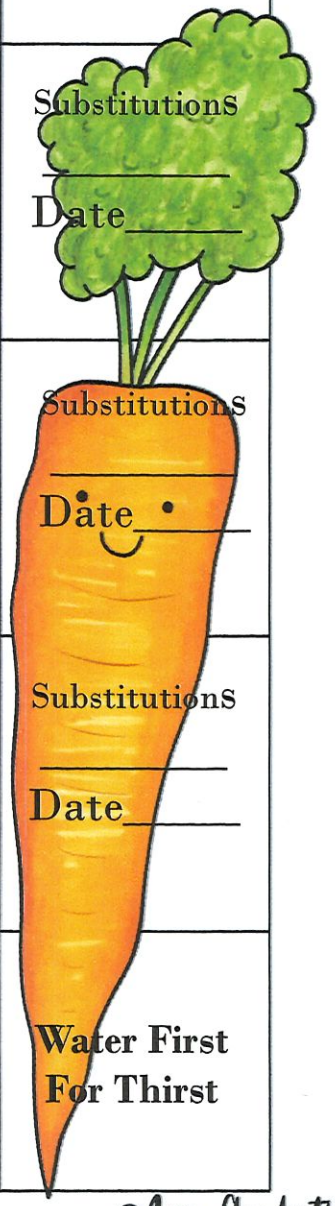
October SNACK MENU WZ 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM PM	30 Assorted fruit cups/ WG crackerse Milk WG Crackers with cheese/PB	1 Assorted fruit cups/ WG crackerse Milk WG Crackers with cheese/PB	2 Assorted fruit cups/ WG crackerse Milk WG Crackers with cheese/PB	3 Assorted fruit cups/ WG crackerse Milk WG Crackers with cheese/PB	4 Assorted fruit cups/ WG crackerse Milk WG Crackers with cheese/PB	Substitutions _____ Date_____
AM PM	7 Assorted Applesauce Milk Raw Veggies	8 Assorted Applesauce Milk Raw Veggies	9 Assorted Applesauce Milk Raw Veggies	10 Assorted Applesauce Milk Raw Veggies	11 Assorted Applesauce Milk Raw Veggies Milk	Substitutions _____ Date_____
AM *2oz *yogurt PM	14 Apples/Oranges?peaches/bananas Milk Trail Mix bar Juice	15 Apples/Oranges?peaches/bananas Milk Trail Mix bar Juice	16 Apples/Oranges?peaches/bananas Milk Trail Mix bar Juice	17 Apples/Oranges?peaches/bananas Milk Trail Mix bar Juice	18 Apples/Oranges?peaches/bananas Nacho Chips w/salsa Milk Trail Mix bar Juice	Substitutions _____ Date_____
AM PM	21 Assorted Cereal milk Kids Choice	22 Assorted Cereal milk Kids Choice	23 Assorted Cereal milk Kids Choice	24 Assorted Cereal milk Kids Choice	25 Assorted Cereal milk Kids Choice	Substitutions _____ Date_____
USDA Snack Portion Requirement Choose 2	**Children 2 years and older are served 1% Milk & 100% Juice**	**Serve all whole Grain Products**	**Serving Size** Milk,fluid Vegetables, Fruit or Juice Breads/Grains/Dry Cereal Meat or Meat alternative	**3-5 years** ½ cup ½ cup ½ slice 1/3 cup ½ oz	**6-12 years** 1 cup ¾ cup 1 slice ¾ cup 1 oz	**Water First For Thirst**





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