

July Snack

(WG) = Whole Grain

Serving Sizes (Ages 1-2)	Mon	Tue	Wed	Thu	Fri	Serving Sizes (Ages 3-5)
Grain: 1/2 Slice/ Serving E Veg/Fruit:: 1/2 Cup Protein *1/4 Cup/ 1/8 Cup** Milk*/Juice/Water 1/2 Cup			1 Cheese Its Oranges	2 Greek Yogurt* Apples	3 CLOSED For 4th of July	Grain: 1/2 Slice/Serving Veg/Fruit:: 1/2 Cup Protein *1/4 Cup/ 1/8 Cup** Milk*/Juice/Water 1/2 Cup
	6 Goldfish Crackers (WG) 100% Apple Juice	7 Animal Crackers Apple Sauce	8 Ritz Crackers Cheese	9 Oatmeal Cookies Bananas	10 Carrots w/Dressing Cheese Its	
	13 Cheese Its 100% Apple Juice	14 Trail Mix Apples	15 String Cheese Pears	16 Celery w/Dressing Wheat Crackers (WG)	17 Graham Crackers Bananas	
	20 Saltine Crackers Cheese	21 Oatmeal Cookies Milk	22 Cheese Its 100% Apple Juice	23 Carrots w/Dressing Goldfish Pretzels (WG)	24 Greek Yogurt* Bananas	
*Whole, unflavored milk is served to children one year of age and 1 percent unflavored milk to all children two years of age and older.	27 Goldfish Crackers (WG) 100% Apple Juice	28 String Cheese Oranges	29 Graham Crackers Milk	30 Celery w/Dressing Cheese Its	31 Animal Crackers Apple Sauce	This institution is an equal opportunity provider.

***All Snacks are served with Water unless otherwise noted.