

August Snack

(WG) = Whole Grain

Serving Sizes (Ages 1-2)	Mon	Tue	Wed	Thu	Fri	Serving Sizes (Ages 3-5)
Grain: 1/2 Slice/ Serving C Veg/Fruit:: 1/2 Cup Protein *1/4 Cup/ 1/8 Cup** Milk*/Juice/Water 1/2 Cup	3 Goldfish Pretzels (WG) 100% Apple Juice	4 Graham Crackers Oranges	5 Cheerios (WG) Milk	6 Greek Yogurt* Bananas	7 Carrots w/Dressing Wheat Crackers (WG)	Grain: 1/2 Slice/Serving Veg/Fruit:: 1/2 Cup Protein *1/4 Cup/ 1/8 Cup** Milk*/Juice/Water 1/2 Cup
	10 Oranges Ritz Crackers	11 Oatmeal Cookies Milk	12 Saltine Crackers 100% Apple Juice	13 Wheat Crackers (WG) Apples	14 Celery w/Dressing Cheese Its	
	17 String Cheese Pears	18 Cheerios (WG) Milk	19 Cheese Its Oranges	20 Greek Yogurt* Apples	21 Goldfish Pretzels (WG) 100% Apple Juice	
	24 Goldfish Crackers (WG) 100% Apple Juice	25 Animal Crackers Apple Sauce	26 Ritz Crackers Cheese	27 Oatmeal Cookies Bananas	28 Carrots w/Dressing Cheese Its	
*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.	31 Cheese Its 100% Apple Juice					This institution is an equal opportunity provider.

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