



October Snack

(WG) = Whole Grain

Serving Sizes (Ages 1-2)	Mon	Tue	Wed	Thu	Fri	Serving Sizes (Ages 3-5)
Grain: 1/2 Slice/ Serving D Veg/Fruit:: 1/2 Cup Protein *1/4 Cup/ 1/8 Cup**				1 Wheat Crackers (WG) Apples	2 Celery w/Dressing Cheese Its	Grain: 1/2 Slice/Serving Veg/Fruit:: 1/2 Cup Protein *1/4 Cup/ 1/8 Cup**
	5 String Cheese Pears	6 Cheerios (WG) Milk	7 Cheese Its Oranges	8 Greek Yogurt* Apples	9 Goldfish Crackers (WG) 100% Apple Juice	
	12 Goldfish Pretzels (WG) 100% Apple Juice	13 Animal Crackers Apple Sauce	14 Ritz Crackers Cheese	15 Oatmeal Cookies Bananas	16 Carrots w/Dressing Cheese Its	
	19 Greek Yogurt* Graham Crackers	20 Wheat Crackers (WG) Mandarin Oranges	21 Goldfish Crackers (WG) 100% Apple Juice	22 Ritz Crackers Apples	23 Kix Cereal Milk	
*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.	26 Cheese Its 100% Apple Juice	27 Trail Mix Apples	28 String Cheese Pears	29 Celery w/Dressing Wheat Crackers (WG)	30 Graham Crackers Bananas	This institution is an equal opportunity provider.

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