




November Snack

(WG) = Whole Grain

Serving Sizes (Ages 1-2)	Mon	Tue	Wed	Thu	Fri	Serving Sizes (Ages 3-5)
Grain: 1/2 Slice/ Serving A Veg/Fruit:: 1/2 Cup Protein *1/4 Cup/ 1/8 Cup**	2 Saltine Crackers Cheese	3 Oatmeal Cookies Milk	4 Cheese Its 100% Apple Juice	5 Carrots w/Dressing Goldfish Pretzels (WG)	6 Greek Yogurt* Bananas	Grain: 1/2 Slice/Serving Veg/Fruit:: 1/2 Cup Protein *1/4 Cup/ 1/8 Cup**
	9 Goldfish Crackers (WG) 100% Apple Juice	10 String Cheese Oranges	11 Graham Crackers Milk	12 Celery w/Dressing Cheese Its	13 Animal Crackers Apple Sauce	
	16 Goldfish Pretzels (WG) 100% Apple Juice	17 Graham Crackers Oranges	18 Blueberry Muffins Milk	19 Greek Yogurt* Bananas	20 Carrots w/Dressing Wheat Crackers (WG)	
	23 Oranges Ritz Crackers	24 Oatmeal Cookies Milk	25 Trail Mix 100% Apple Juice			
*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.	30 String Cheese Pears					This institution is an equal opportunity

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