



December 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**		1 Cheerios (WG) Milk	2 Cheese Its Oranges	3 Greek Yogurt* Apples	4 Goldfish Crackers (WG) 100% Apple Juice	Grain: 1/2 Slice/Serving Veg/Fruit:: 1/2 Cup Protein *1/4 Cup/ 1/8 Cup**
	7 Goldfish Pretzels (WG) 100% Apple Juice	8 Animal Crackers Apple Sauce	9 Ritz Crackers Cheese	10 Oatmeal Cookies Bananas	11 Carrots w/Dressing Cheese Its	
	14 Greek Yogurt* Graham Crackers	15 Wheat Crackers (WG) Mandarin Oranges	16 Goldfish Crackers (WG) 100% Apple Juice	17 Ritz Crackers Apples	18 Kix Cereal Milk	
	21 Cheese Its 100% Apple Juice	22 Trail Mix Apples	23 String Cheese Pears	24 <i>Merry Christmas</i> 	25	
*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.	28 Saltine Crackers Cheese	29 Oatmeal Cookies Milk	30 Cheese Its 100% Apple Juice	31 	1 	This institution is an equal opportunity

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