

# December Snack

(WG) = Whole Grain

(E) = Contains Egg

Serving Sizes (Ages 1-2)	Mon	Tue	Wed	Thu	Fri	Serving Sizes (Ages 3-5)
Grain: 1/2 Slice/ Serving <b>H</b> Veg/Fruit:: 1/2 Cup Protein *1/4 Cup/ 1/8 Cup**	2 <b>Cheese Its</b> (14 crackers 5.2 oz) Apples	3 Trail Mix (1/2 cup) 100% Apple Juice	4 <b>String Cheese</b> Apples	5 Graham Crackers (2 crackers .51 oz) Milk	6 Wheat Thin Crackers (WG) (6 crackers .52 oz) <b>Celery w/ Ranch Dressing</b> <b>E</b>	Grain: 1/2 Slice/Serving Veg/Fruit:: 1/2 Cup Protein *1/4 Cup/ 1/8 Cup**
	9 Saltine Crackers (2 crackers .38 oz) <b>Cheese</b>	10 Animal Crackers (5 crackers .58 oz) <b>Milk</b>	11 <b>Cheese Its</b> (14 crackers 5.2 oz) 100% Apple Juice	12 Goldfish Crackers (WG) (.75 oz bag) Carrots w/ <b>Ranch Dressing</b> <b>E</b>	13 <b>Greek Yogurt*</b> Apples	
	16 <b>Goldfish Crackers</b> (WG) (.75 oz bag) 100% Apple Juice	17 Saltine Crackers (2 crackers .38 oz) <b>String Cheese</b>	18 Graham Crackers (2 crackers .51 oz) <b>Milk</b>	19 <b>Cheese Its</b> (14 crackers 5.2 oz) Celery w/ <b>Ranch Dressing</b> <b>E</b>	20 Animal Crackers (5 crackers .58 oz) Applesauce	
	23 <b>Goldfish Pretzels</b> (WG) (.75 oz bag) 100% Apple Juice	24 Graham Crackers (2 crackers .51 oz) <b>Blueberry Smoothie</b>	25 <b>CLOSED for HOLIDAY</b>	26 <b>CLOSED for HOLIDAY</b>	27 Wheat Thin Crackers (WG) (6 crackers .52 oz) Carrots w/ <b>Ranch Dressing</b> <b>E</b>	
*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 Graham Crackers (2 crackers .51 oz) <b>Milk</b>	31 <b>CLOSED for HOLIDAY</b>	<b>CLOSED for HOLIDAY</b>	1 2 Wheat Thin Crackers (WG) (6 crackers .52 oz) <b>Cottage Cheese</b>	3 <b>Cheese Its</b> (14 crackers 5.2 oz) Celery w/ <b>Ranch Dressing</b> <b>E</b>	<b>This institution is an equal opportunity provider.</b>

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