

March 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 H Veg/Fruit:: 1/2 Cup Protein *1/4 Cup/ 1/8 Cup**					1 Graham Crackers (2 crackers .51 oz) Bananas	Grain: 1/2 Slice/Serving Veg/Fruit:: 1/2 Cup Protein *1/4 Cup/ 1/8 Cup**
	4 Saltine Crackers (2 crackers .38 oz) Cheese	5 Animal Crackers (5 crackers .58 oz) Milk	6 Cheese Its (14 crackers 5.2 oz) 100% Apple Juice	7 Goldfish Crackers (WG) (.75 oz bag) Carrots w/ Ranch Dressing E	8 Greek Yogurt* Apples	
	11 Goldfish Crackers (WG) (.75 oz bag) 100% Apple Juice	12 Saltine Crackers (2 crackers .38 oz) String Cheese	13 Graham Crackers (2 crackers .51 oz) Milk	14 Cheese Its (14 crackers 5.2 oz) Celery w/ Ranch Dressing E	15 Animal Crackers (5 crackers .58 oz) Applesauce	
	18 Goldfish Pretzels (WG) (.75 oz bag) 100% Apple Juice	19 Graham Crackers (2 crackers .51 oz) Blueberry Smoothie	20 Cheerios (WG) (1/2 cup -.49 oz) Milk	21 Greek Yogurt* Bananas	22 Wheat Thin Crackers (WG) (6 crackers .52 oz) Carrots	
*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.	25 Graham Crackers (2 crackers .51 oz) Milk	26 Ritz Crackers (4 crackers -.45 oz) Cheese	27 Trail Mix (1/2 cup) 100% Apple Juice	28 Wheat Thin Crackers (WG) (6 crackers .52 oz) Cottage Cheese	29 Cheese Its (14 crackers 5.2 oz) Celery w/ Ranch Dressing E	This institu- tion is an equal opportunity pro- vider.

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