

AM & PM Snack November 2020



WG – Whole Grain WW – Whole Wheat MG – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	Ritz Crackers & Cheese Apple Slices Juice & Water	Oatmeal Cookies Orange Slices Juice & Water	(WG) Cereal Mix Apple Sauce Juice & Water	(WG) Goldfish Crackers Banana Juice & Water	Vanilla Yogurt Peach Slices Juice & Water	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
7	8	9	10	11	12	13
Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	Animal Crackers Apple Slices Juice & Water	(WW) Graham Crackers Orange Slices Juice & Water	Vanilla Yogurt Peach Slices Juice & Water	(WW) Wheat Thins Banana Juice & Water	(WG) Saltine Crackers String Cheese Oranges Slices Juice & Water	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
14	15	16	17	18	19	20
Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	Ritz Crackers & Cheese Apple Slices Juice & Water	Oatmeal Cookies Orange Slices Juice & Water	(WG) Cereal Mix Apple Sauce Juice & Water	(WG) Goldfish Crackers Banana Juice & Water	Vanilla Yogurt Peach Slices Juice & Water	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
21	22	23	24	25	26	27
Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	Animal Crackers Apple Slices Juice & Water	(WW) Graham Crackers Orange Slices Juice & Water	(WG) Mini Bagels With Cream Cheese Apple Slices Juice & Water	Thanksgiving Day School Closed	Day After Thanksgiving School Closed	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
28	29	30				
Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup	Ritz Crackers & Cheese Apple Slices Juice & Water	Oatmeal Cookies Orange Slices Juice & Water				Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup