

# OCTOBER 2021 CHILD CARE SNACK MENU

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| 10/4/2021<br>937 WG APPLE CINNAMON BEAR GRAHAMS<br>138 BLUEBERRY YOGURT                                      | 10/5/2021<br>988 WG CINNAMON GRAHAM CRACKERS<br>117 SOY BUTTER CUP<br><i>or</i><br>100 WHITE MILK        | 10/6/2021<br>931 WHOLE GRAIN ANIMAL CRACKERS<br>136 VANILLA YOGURT               | 10/7/2021<br>928 PEPPERIDGE FARM WG GOLDFISH PRETZELS<br><i>or</i><br>939 HEARTZELS PRETZELS<br>750 100% APPLE JUICE (4 OUNCE)<br>440 100% APPLE JUICE (6 OUNCE) | 10/8/2021<br>930 WG CHEEZ-IT BAKED CRACKERS<br>752 100% FRUIT JUICE BLEND (4 OUNCE)<br>444 100% FRUIT JUICE BLEND (6 OUNCE)  |
| 10/11/2021<br>929 WG KEEBLER CINNAMON ELF GRAHAMS<br>133 STRAWBERRY BANANA YOGURT<br><br><b>Columbus Day</b> | 10/12/2021<br>989 WHOLE GRAIN HONEY GRAHAM CRACKERS<br>117 SOY BUTTER CUP<br><i>or</i><br>100 WHITE MILK | 10/13/2021<br>934 WG DINO BITES GRAHAMS<br>134 CHERRY VANILLA YOGURT             | 10/14/2021<br>927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH<br>748 100% GRAPE JUICE (4 OUNCE)<br>441 100% GRAPE JUICE (6 OUNCE)  | 10/15/2021<br>930 WG CHEEZ-IT BAKED CRACKERS<br><i>or</i><br>926 GARDEN SALSA SUNCHIPS<br>749 100% APPLE CHERRY JUICE (4 OUNCE)<br>450 100% APPLE CHERRY JUICE (6 OUNCE)           |
| 10/18/2021<br>931 WHOLE GRAIN ANIMAL CRACKERS<br>137 PEACH YOGURT  | 10/19/2021<br>988 WG CINNAMON GRAHAM CRACKERS<br>117 SOY BUTTER CUP<br><i>or</i><br>100 WHITE MILK       | 10/20/2021<br>936 WG VANILLA BEAR GRAHAMS<br>138 BLUEBERRY YOGURT                | 10/21/2021<br>928 PEPPERIDGE FARM WG GOLDFISH PRETZELS<br>753 100% ORANGE JUICE (4 OUNCE)<br>442 100% ORANGE JUICE (6 OUNCE)                                     | 10/22/2021<br>938 WG SAVORY BITES WHEAT CRACKERS<br><i>or</i><br>942 MULTIGRAIN SUNCHIPS<br>750 100% APPLE JUICE (4 OUNCE)<br>440 100% APPLE JUICE (6 OUNCE)                       |
| 10/25/2021<br>935 WG ALL SPORTS GRAHAMS<br>136 VANILLA YOGURT  | 10/26/2021<br>989 WHOLE GRAIN HONEY GRAHAM CRACKERS<br>117 SOY BUTTER CUP<br><i>or</i><br>100 WHITE MILK | 10/27/2021<br>937 WG APPLE CINNAMON BEAR GRAHAMS<br>133 STRAWBERRY BANANA YOGURT | 10/28/2021<br>927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH<br>752 100% FRUIT JUICE BLEND (4 OUNCE)<br>444 100% FRUIT JUICE BLEND (6 OUNCE)                            | 10/29/2021<br>930 WG CHEEZ-IT BAKED CRACKERS<br><i>or</i><br>940 PRETZELS & CHEDDAR SUNCHIPS MIX<br>749 100% APPLE CHERRY JUICE (4 OUNCE)<br>450 100% APPLE CHERRY JUICE (6 OUNCE) |

**MENU SUBJECT TO CHANGE**

**SERVE 4 OUNCE JUICE TO CHILDREN AGES 1 THROUGH 5. SERVE 6 OUNCE JUICE TO CHILDREN AGE 6 & OLDER.**

\*\*\*WHEN SERVING A GRAIN WITH YOGURT OR A SOY BUTTER CUP, YOU ARE ENCOURAGED TO SERVE WATER; NEITHER JUICE NOR MILK ARE PROVIDED FOR THESE SNACKS.\*\*\*

Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.

WG = WHOLE GRAIN-RICH REMINDER: Water must be OFFERED every day!

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