

OCTOBER 2022 CHILD CARE SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/3/2022	10/4/2022	10/5/2022	10/6/2022	10/7/2022
937 WG APPLE CINNAMON BEAR GRAHAMS 133 STRAWBERRY BANANA YOGURT	989 WHOLE GRAIN HONEY GRAHAM CRACKERS 117 SOY BUTTER CUP <i>or</i> 100 WHITE MILK	934 WG DINO BITES GRAHAMS 134 CHERRY VANILLA YOGURT	927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH 748 100% GRAPE JUICE (4 OUNCE) 441 100% GRAPE JUICE (6 OUNCE)	930 WG CHEEZ-IT BAKED CRACKERS <i>or</i> 926 GARDEN SALSA SUNCHIPS 749 100% APPLE CHERRY JUICE (4 OUNCE) 450 100% APPLE CHERRY JUICE (6 OUNCE)
10/10/2022	10/11/2022	10/12/2022	10/13/2022	10/14/2022
935 WG ALL SPORTS GRAHAMS 138 BLUEBERRY YOGURT	988 WG CINNAMON GRAHAM CRACKERS 117 SOY BUTTER CUP <i>or</i> 100 WHITE MILK	936 WG VANILLA BEAR GRAHAMS 137 PEACH YOGURT	928 PEPPERIDGE FARM WG GOLDFISH PRETZELS 753 100% ORANGE JUICE (4 OUNCE) 442 100% ORANGE JUICE (6 OUNCE)	938 WG SAVORY BITES WHEAT CRACKERS <i>or</i> 942 MULTIGRAIN SUNCHIPS 750 100% APPLE JUICE (4 OUNCE) 440 100% APPLE JUICE (6 OUNCE)
Columbus Day/Indigenous Peoples' Day				
10/17/2022	10/18/2022	10/19/2022	10/20/2022	10/21/2022
931 WHOLE GRAIN ANIMAL CRACKERS 136 VANILLA YOGURT	989 WHOLE GRAIN HONEY GRAHAM CRACKERS 117 SOY BUTTER CUP <i>or</i> 100 WHITE MILK	937 WG APPLE CINNAMON BEAR GRAHAMS 133 STRAWBERRY BANANA YOGURT	927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH 752 100% FRUIT JUICE BLEND (4 OUNCE) 444 100% FRUIT JUICE BLEND (6 OUNCE)	930 WG CHEEZ-IT BAKED CRACKERS <i>or</i> 939 HEARTZELS PRETZELS 749 100% APPLE CHERRY JUICE (4 OUNCE) 450 100% APPLE CHERRY JUICE (6 OUNCE)
10/24/2022	10/25/2022	10/26/2022	10/27/2022	10/28/2022
934 WG DINO BITES GRAHAMS 137 PEACH YOGURT	988 WG CINNAMON GRAHAM CRACKERS 117 SOY BUTTER CUP <i>or</i> 100 WHITE MILK	935 WG ALL SPORTS GRAHAMS 134 CHERRY VANILLA YOGURT	928 PEPPERIDGE FARM WG GOLDFISH PRETZELS 750 100% APPLE JUICE (4 OUNCE) 440 100% APPLE JUICE (6 OUNCE)	930 WG CHEEZ-IT BAKED CRACKERS <i>or</i> 924 HARVEST CHEDDAR SUNCHIPS 752 100% FRUIT JUICE BLEND (4 OUNCE) 444 100% FRUIT JUICE BLEND (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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